



Sugar Cream Pie III

 Vegetarian

READY IN



90 min.

SERVINGS



8

CALORIES



367 kcal

DESSERT

Ingredients

- 5 tablespoons flour all-purpose
- 0.5 teaspoon ground cinnamon
- 2.5 cups heavy whipping cream
- 0.3 teaspoon salt
- 1 cup sugar white

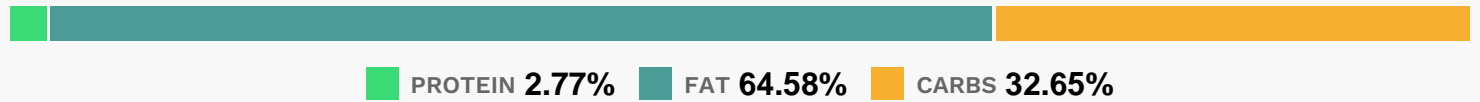
Equipment

- oven

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Mix flour, sugar and salt together.
- Add the whipping cream and mix thoroughly.
- Pour batter into one unbaked 9" pie shell.
- Sprinkle top with cinnamon.
- Bake at 375 degrees F (190 degrees C) for 45 minutes to 60 minutes or until bubbly all over the top. Store the baked pie in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:18.76, Glycemic Load:20.04, Inflammation Score:-6, Nutrition Score:3.8100000179332%

Nutrients (% of daily need)

Calories: 366.5kcal (18.32%), Fat: 26.98g (41.5%), Saturated Fat: 17.11g (106.96%), Carbohydrates: 30.69g (10.23%), Net Carbohydrates: 30.5g (11.09%), Sugar: 27.14g (30.15%), Cholesterol: 84.04mg (28.01%), Sodium: 93.11mg (4.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.6g (5.2%), Vitamin A: 1093.68IU (21.87%), Vitamin B2: 0.17mg (9.87%), Vitamin D: 1.19µg (7.93%), Selenium: 3.97µg (5.68%), Calcium: 51.34mg (5.13%), Phosphorus: 48.28mg (4.83%), Vitamin E: 0.69mg (4.6%), Vitamin B1: 0.05mg (3.45%), Folate: 11.56µg (2.89%), Manganese: 0.06mg (2.79%), Vitamin K: 2.43µg (2.32%), Potassium: 76.73mg (2.19%), Vitamin B5: 0.21mg (2.11%), Vitamin B12: 0.12µg (1.98%), Iron: 0.32mg (1.75%), Vitamin B3: 0.33mg (1.63%), Magnesium: 6.31mg (1.58%), Zinc: 0.22mg (1.44%), Vitamin B6: 0.03mg (1.41%)