



Sugar Cream Pie V

 Vegetarian

READY IN



70 min.

SERVINGS



6

CALORIES



472 kcal

DESSERT

Ingredients

- 0.3 cup butter diced chilled
- 0.5 cup flour all-purpose
- 0.3 teaspoon ground nutmeg
- 1 cup heavy whipping cream
- 8 inch pastry shell prepared
- 1 teaspoon vanilla extract
- 1.5 cups sugar white
- 0.8 cup milk whole

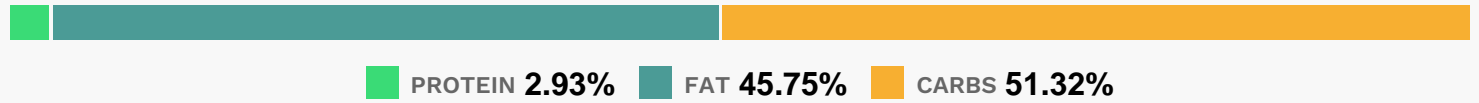
Equipment

- bowl
- oven

Directions

- Preheat oven to 450 degrees F (225 degrees C).
- In a medium bowl, mix together sugar, flour, and cream.
- Add milk and vanilla extract, and continue to stir until mixture is smooth.
- Pour into pastry shell.
- Sprinkle top with nutmeg and dot evenly with small chunks of butter.
- Bake in preheated oven for 15 minutes. Reduce heat to 350 degrees F (175 degrees C) and bake an additional 45 minutes.

Nutrition Facts



Properties

Glycemic Index:59.85, Glycemic Load:42.04, Inflammation Score:-5, Nutrition Score:4.807391276826%

Nutrients (% of daily need)

Calories: 472.42kcal (23.62%), Fat: 24.55g (37.77%), Saturated Fat: 14.92g (93.23%), Carbohydrates: 61.96g (20.65%), Net Carbohydrates: 61.61g (22.4%), Sugar: 52.69g (58.55%), Cholesterol: 68.82mg (22.94%), Sodium: 92.33mg (4.01%), Alcohol: 0.23g (100%), Alcohol %: 0.2% (100%), Protein: 3.54g (7.07%), Vitamin A: 868.99IU (17.38%), Vitamin B2: 0.19mg (11.24%), Selenium: 6.52µg (9.31%), Vitamin B1: 0.12mg (8.07%), Phosphorus: 69.58mg (6.96%), Calcium: 68.59mg (6.86%), Vitamin D: 0.97µg (6.47%), Folate: 23.64µg (5.91%), Manganese: 0.1mg (4.76%), Vitamin E: 0.62mg (4.16%), Vitamin B3: 0.82mg (4.11%), Vitamin B12: 0.24µg (4.07%), Iron: 0.64mg (3.56%), Potassium: 101.19mg (2.89%), Vitamin B5: 0.27mg (2.71%), Vitamin K: 2.6µg (2.48%), Magnesium: 9.69mg (2.42%), Zinc: 0.33mg (2.18%), Vitamin B6: 0.04mg (1.92%), Copper: 0.03mg (1.42%), Fiber: 0.35g (1.4%)