



Sugar Pie III

READY IN



45 min.

SERVINGS



6

CALORIES



426 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons flour all-purpose
- ☐ 1 cup heavy whipping cream
- ☐ 1 cup brown sugar light packed
- ☐ 1 cup maple sugar
- ☐ 1 8-inch pie crust prepared
- ☐ 1 teaspoon vanilla extract

Equipment

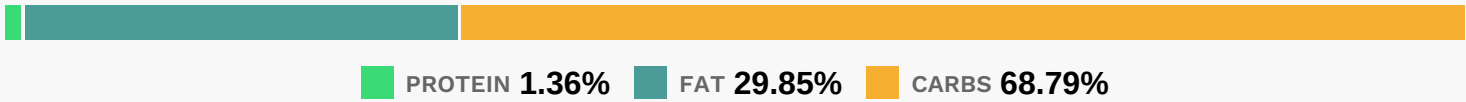
- ☐ bowl

☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a medium bowl, mix together maple sugar, brown sugar, and flour.
- ☐ Add cream and vanilla extract. Stir until smooth.
- ☐ Pour mixture into pastry shell.
- ☐ Bake in preheated oven for 30 to 35 minutes.
- ☐ Let stand at least 45 minutes before serving. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:23.96, Inflammation Score:-3, Nutrition Score:7.6326085251311%

Nutrients (% of daily need)

Calories: 425.57kcal (21.28%), Fat: 14.47g (22.26%), Saturated Fat: 9.16g (57.22%), Carbohydrates: 75.01g (25%), Net Carbohydrates: 74.94g (27.25%), Sugar: 70.28g (78.09%), Cholesterol: 44.82mg (14.94%), Sodium: 26.11mg (1.14%), Alcohol: 0.23g (100%), Alcohol %: 0.24% (100%), Protein: 1.48g (2.96%), Manganese: 1.79mg (89.34%), Zinc: 2.51mg (16.76%), Vitamin A: 583.1IU (11.66%), Calcium: 92.58mg (9.26%), Iron: 1.06mg (5.87%), Potassium: 198.32mg (5.67%), Vitamin B2: 0.09mg (5.47%), Vitamin D: 0.63µg (4.23%), Selenium: 2.8µg (4%), Magnesium: 14.22mg (3.56%), Copper: 0.06mg (3.24%), Phosphorus: 28.52mg (2.85%), Vitamin E: 0.37mg (2.45%), Vitamin B1: 0.03mg (2.11%), Vitamin B5: 0.18mg (1.8%), Folate: 6.64µg (1.66%), Vitamin B6: 0.03mg (1.57%), Vitamin K: 1.29µg (1.23%), Vitamin B3: 0.24mg (1.18%), Vitamin B12: 0.06µg (1.06%)