



Sweet Tea Pie

 Vegetarian

READY IN



185 min.

SERVINGS



8

CALORIES



676 kcal

DESSERT

Ingredients

- 1.5 teaspoons cornmeal
- 6 ounces cream cheese softened
- 8 large egg yolks
- 1 tablespoon juice of lemon fresh
- 1 teaspoon lemon zest grated
- 0.5 teaspoon salt
- 2 cups sugar
- 0.8 cup strong steeped orange pekoe tea cooled

- 2 tablespoons unbleached flour all-purpose
- 2.5 cups unbleached flour all-purpose
- 1 cup butter unsalted softened (2 sticks)

Equipment

- bowl
- oven
- wire rack
- hand mixer
- spatula
- pie form

Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F.
- For the crust: In a medium bowl, with an electric mixer, beat the cream cheese and butter until well combined.
- Add the flour and mix until the dough forms a ball. Pat the dough into a 9-inch pie pan. Chill until ready to use.
- For the filling: In a medium bowl, with an electric mixer, beat the butter and sugar at medium speed until light.
- Add the yolks 1 at a time, beating at low speed until well incorporated. Slowly add the tea.
- Add lemon zest and lemon juice. Scrape down the sides of the bowl with a rubber spatula.
- Add the flour, cornmeal, and salt and mix well.
- Pour the mixture into the prepared crust.
- Bake until set, about 45 minutes. Cool completely on a wire rack, and then chill for 2 hours before serving.

Nutrition Facts



■ PROTEIN 4.97% ■ FAT 46.45% ■ CARBS 48.58%

Properties

Glycemic Index:39.45, Glycemic Load:57.99, Inflammation Score:-7, Nutrition Score:11.259565239367%

Flavonoids

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Nutrients (% of daily need)

Calories: 676.31kcal (33.82%), Fat: 35.42g (54.5%), Saturated Fat: 20.56g (128.52%), Carbohydrates: 83.35g (27.78%), Net Carbohydrates: 82.18g (29.88%), Sugar: 50.99g (56.65%), Cholesterol: 266.08mg (88.69%), Sodium: 225.42mg (9.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.43mg (1.48%), Protein: 8.53g (17.06%), Selenium: 25.84µg (36.91%), Folate: 104.14µg (26.04%), Vitamin A: 1240.02IU (24.8%), Vitamin B1: 0.36mg (23.95%), Vitamin B2: 0.36mg (21.41%), Manganese: 0.35mg (17.27%), Phosphorus: 141.32mg (14.13%), Iron: 2.44mg (13.54%), Vitamin B3: 2.46mg (12.32%), Vitamin D: 1.34µg (8.96%), Vitamin E: 1.31mg (8.73%), Vitamin B5: 0.85mg (8.48%), Vitamin B12: 0.43µg (7.11%), Calcium: 56.56mg (5.66%), Zinc: 0.83mg (5.55%), Fiber: 1.17g (4.69%), Vitamin B6: 0.09mg (4.69%), Copper: 0.09mg (4.38%), Magnesium: 13.56mg (3.39%), Potassium: 109.96mg (3.14%), Vitamin K: 2.68µg (2.55%), Vitamin C: 1.05mg (1.27%)