



Traditional Shoofly Pie

READY IN



125 min.

SERVINGS



20

CALORIES



225 kcal

DESSERT

Ingredients

- 0.5 teaspoon baking soda
- 0.3 cup butter
- 2 cups flour all-purpose
- 1 cup blackstrap molasses
- 2 9-inch unbaked pie crusts ()
- 1 cup warm water
- 0.5 cup sugar white

Equipment

- bowl
- oven
- blender

Directions

- Place pie crusts in 9 inch pie pans. Chill the crusts approximately 1 hour before use.
- Preheat oven to 425 degrees F (220 degrees C).
- In a medium bowl, stir together the baking soda and warm water.
- Mix in the molasses and stir until foamy.
- Transfer the mixture to the pie crusts.
- In a medium bowl, mix together flour, sugar and baking soda. Use a pastry blender to cut the butter into the flour mixture until very fine crumbs have formed.
- Sprinkle the crumbs over the molasses mixture in the pie crusts.
- Bake in the preheated oven 10 minutes. Reduce heat to 350 degrees F (175 degrees C), and continue baking 35 minutes, or until crust is lightly browned and the filling has set.

Nutrition Facts



Properties

Glycemic Index:11.95, Glycemic Load:15.93, Inflammation Score:-3, Nutrition Score:5.5808695898108%

Nutrients (% of daily need)

Calories: 225.36kcal (11.27%), Fat: 7.67g (11.8%), Saturated Fat: 3.11g (19.45%), Carbohydrates: 36.83g (12.28%), Net Carbohydrates: 35.99g (13.09%), Sugar: 17.61g (19.57%), Cholesterol: 6.1mg (2.03%), Sodium: 134.53mg (5.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.55g (5.09%), Manganese: 0.43mg (21.58%), Selenium: 8.44µg (12.05%), Magnesium: 46.7mg (11.68%), Vitamin B1: 0.16mg (10.68%), Iron: 1.9mg (10.55%), Folate: 36.96µg (9.24%), Potassium: 279.57mg (7.99%), Vitamin B3: 1.44mg (7.18%), Vitamin B6: 0.13mg (6.42%), Copper: 0.12mg (5.87%), Vitamin B2: 0.1mg (5.76%), Calcium: 41.3mg (4.13%), Phosphorus: 33.8mg (3.38%), Fiber: 0.84g (3.35%), Vitamin B5: 0.27mg (2.74%), Vitamin K: 1.7µg (1.62%), Zinc: 0.23mg (1.54%), Vitamin A: 71.11IU (1.42%), Vitamin E: 0.17mg (1.1%)