



Vanilla Bavarian Cream Pie

READY IN



45 min.

SERVINGS



8

CALORIES



450 kcal

DESSERT

Ingredients

- 2.3 tablespoons cornstarch
- 2 eggs
- 0.3 ounce gelatin powder unflavored
- 2 cups heavy whipping cream
- 1.5 cups milk
- 19-inch pie crust ()
- 1 teaspoon vanilla extract
- 0.8 cup whipped cream
- 8 tablespoons water cold

9 tablespoons sugar white

Equipment

mixing bowl

double boiler

Directions

Soften gelatin in cold water. Scald the milk.

In a mixing bowl, mix together sugar and cornstarch.

Add eggs and mix thoroughly.

Add milk and softened gelatin, stirring constantly.

Cook custard in double boiler over hot water until it thickens and coats spoon.

Remove from heat.

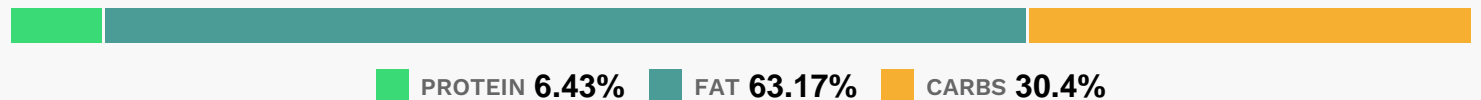
Add ice cream while custard is hot. Cool thoroughly.

Add vanilla. Whip the cream, and fold 1 1/2 cups into cooled custard.

Pour filling into pie shell, and refrigerate until set.

Garnish with remaining whipped cream.

Nutrition Facts



Properties

Glycemic Index:21.14, Glycemic Load:11.97, Inflammation Score:-6, Nutrition Score:7.2295652265134%

Nutrients (% of daily need)

Calories: 450.3kcal (22.52%), Fat: 31.91g (49.1%), Saturated Fat: 17.76g (111.01%), Carbohydrates: 34.54g (11.51%), Net Carbohydrates: 33.81g (12.3%), Sugar: 20.14g (22.38%), Cholesterol: 119.09mg (39.7%), Sodium: 164.09mg (7.13%), Alcohol: 0.17g (100%), Alcohol %: 0.12% (100%), Protein: 7.31g (14.63%), Vitamin A: 1060.51IU (21.21%), Vitamin B2: 0.3mg (17.8%), Phosphorus: 134.16mg (13.42%), Calcium: 123.46mg (12.35%), Selenium: 8.17µg (11.68%), Vitamin D: 1.7µg (11.33%), Vitamin B12: 0.49µg (8.14%), Vitamin B1: 0.12mg (7.73%), Vitamin B5: 0.67mg (6.65%), Folate: 25.93µg (6.48%), Manganese: 0.12mg (6.04%), Vitamin E: 0.84mg (5.59%), Potassium: 190.43mg (5.44%), Iron: 0.94mg (5.23%), Zinc: 0.68mg (4.51%), Vitamin B6: 0.09mg (4.3%), Magnesium: 16.93mg (4.23%), Vitamin B3: 0.79mg

(3.93%), Vitamin K: 3.94µg (3.75%), Copper: 0.06mg (3.02%), Fiber: 0.73g (2.93%)