



Vanilla Cream Pie

 Vegetarian

READY IN



315 min.

SERVINGS



8

CALORIES



277 kcal

DESSERT

Ingredients

- ☐ 0.3 cup cornstarch
- ☐ 4 large egg yolks
- ☐ 12 graham crackers
- ☐ 0.7 cup granulated sugar
- ☐ 0.3 teaspoon nutmeg freshly ground
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon sugar
- ☐ 1 tablespoon butter unsalted

- ☐ 1 teaspoon really quality vanilla extract good
- ☐ 8 servings garnish: whipped cream sweetened
- ☐ 2.5 cups milk whole cold

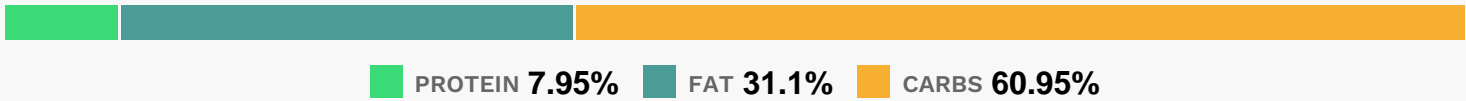
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ kitchen timer

Directions

- ☐ Preheat the oven to 350 degrees F. Crush or grind the graham crackers and set aside ¼ cup of crumbs to use as garnish.
- ☐ Mix remaining crumbs with sugar and butter and press into a 9 inch pie plate. Set on a baking sheet and bake for 7 minutes.In a 3–qt saucepan, whisk together sugar, salt, and cornstarch.
- ☐ Whisk in the milk and egg yolks.
- ☐ Heat mixture over medium, whisking constantly until mixture begins to bubble. After mixture starts to bubble, set timer for 1 minute and cook for another minute.
- ☐ Remove from heat and stir in vanilla, nutmeg, and butter; place over an ice bath to cool slightly (I only did this for about 5 minutes) before pouring into baked crust. Cover with plastic wrap and refrigerate for five hours or overnight.Before serving, pipe sweetened whipped cream around the edges.
- ☐ Sprinkle reserved graham crackers in the middle.

Nutrition Facts



Properties

Glycemic Index:47.15, Glycemic Load:25.77, Inflammation Score:-2, Nutrition Score:5.8430434672729%

Nutrients (% of daily need)

Calories: 277.08kcal (13.85%), Fat: 9.63g (14.81%), Saturated Fat: 4.3g (26.89%), Carbohydrates: 42.46g (14.15%),
Net Carbohydrates: 41.69g (15.16%), Sugar: 27.24g (30.26%), Cholesterol: 109.27mg (36.42%), Sodium: 245.39mg
(10.67%), Alcohol: 0.17g (100%), Alcohol %: 0.16% (100%), Protein: 5.54g (11.08%), Phosphorus: 159.03mg (15.9%),
Calcium: 128.3mg (12.83%), Vitamin B2: 0.21mg (12.29%), Vitamin B12: 0.6µg (9.96%), Selenium: 6.53µg (9.33%),
Vitamin D: 1.35µg (8.99%), Vitamin B1: 0.11mg (7.21%), Vitamin A: 330.99IU (6.62%), Iron: 1.13mg (6.3%), Zinc: 0.95mg
(6.3%), Magnesium: 22.96mg (5.74%), Folate: 22.35µg (5.59%), Vitamin B5: 0.56mg (5.59%), Vitamin B6: 0.1mg
(5%), Potassium: 171.51mg (4.9%), Vitamin B3: 0.88mg (4.42%), Fiber: 0.76g (3.05%), Vitamin E: 0.34mg (2.24%)