

Vida's Famous Buttermilk Pie

READY IN



45 min.

SERVINGS



8

CALORIES



450 kcal

DESSERT

Ingredients

- ☐ 0.3 pound butter melted
- ☐ 0.5 cup buttermilk
- ☐ 3 eggs beaten
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 9-inch unbaked pie crust ()
- ☐ 1 teaspoon vanilla extract
- ☐ 2 cups sugar white

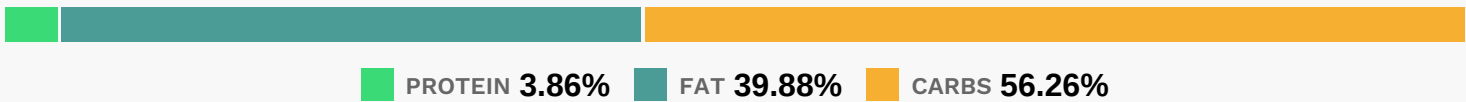
Equipment

- ☐ bowl
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a large bowl, beat together the eggs, sugar and butter.
- ☐ Mix in the buttermilk, vanilla and flour.
- ☐ Pour filling into pie crust.
- ☐ Bake at 350 degrees F (175 degrees C) for 35 to 40 minutes or until toothpick inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:28.26, Glycemic Load:36.17, Inflammation Score:-3, Nutrition Score:4.5508695581685%

Nutrients (% of daily need)

Calories: 449.54kcal (22.48%), Fat: 20.26g (31.17%), Saturated Fat: 10.13g (63.31%), Carbohydrates: 64.31g (21.44%), Net Carbohydrates: 63.63g (23.14%), Sugar: 50.77g (56.41%), Cholesterol: 93.51mg (31.17%), Sodium: 233.16mg (10.14%), Alcohol: 0.17g (100%), Alcohol %: 0.18% (100%), Protein: 4.41g (8.83%), Selenium: 8.12µg (11.6%), Vitamin B2: 0.17mg (9.87%), Vitamin A: 468.33IU (9.37%), Folate: 29.86µg (7.47%), Phosphorus: 68.88mg (6.89%), Manganese: 0.13mg (6.58%), Vitamin B1: 0.1mg (6.53%), Iron: 1.06mg (5.88%), Vitamin B5: 0.44mg (4.35%), Vitamin E: 0.63mg (4.19%), Vitamin B3: 0.82mg (4.1%), Vitamin B12: 0.24µg (4%), Calcium: 35.48mg (3.55%), Vitamin D: 0.52µg (3.5%), Vitamin K: 2.92µg (2.78%), Zinc: 0.41mg (2.76%), Fiber: 0.68g (2.7%), Vitamin B6: 0.05mg (2.37%), Potassium: 74.42mg (2.13%), Copper: 0.04mg (2.05%), Magnesium: 7.99mg (2%)