

## Vinegar Pie VII

READY IN



210 min.

SERVINGS



8

CALORIES



246 kcal

DESSERT

### Ingredients

- 1 tablespoon butter
- 2 eggs beaten
- 2 tablespoons flour all-purpose
- 0.5 teaspoon lemon extract
- 19-inch pie crust dough ()
- 1 cup water
- 2 tablespoons vinegar white
- 1 cup granulated sugar white

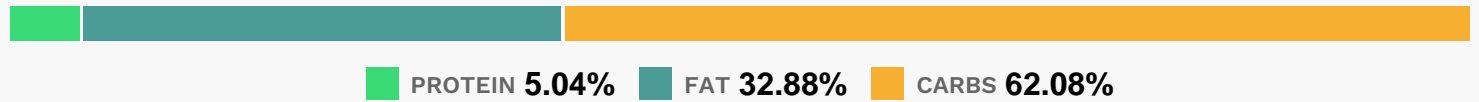
## Equipment

- whisk
- double boiler

## Directions

- In a double boiler, combine sugar and flour.
- Mix well, then whisk in vinegar, eggs, and water. Cook until thickened, stirring constantly. Just before removing from heat, stir in butter or margarine and lemon extract.
- Pour mixture into baked pastry shell. Chill before serving.

## Nutrition Facts



## Properties

Glycemic Index:30.64, Glycemic Load:18.49, Inflammation Score:-1, Nutrition Score:3.0569565088853%

## Nutrients (% of daily need)

Calories: 246.32kcal (12.32%), Fat: 9.08g (13.97%), Saturated Fat: 3.29g (20.54%), Carbohydrates: 38.57g (12.86%), Net Carbohydrates: 37.89g (13.78%), Sugar: 25g (27.78%), Cholesterol: 44.68mg (14.89%), Sodium: 130.97mg (5.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.13g (6.27%), Selenium: 5.63µg (8.04%), Folate: 26.15µg (6.54%), Manganese: 0.13mg (6.48%), Vitamin B2: 0.11mg (6.32%), Vitamin B1: 0.09mg (5.86%), Iron: 0.94mg (5.24%), Phosphorus: 42.38mg (4.24%), Vitamin B3: 0.79mg (3.97%), Vitamin B5: 0.28mg (2.8%), Fiber: 0.68g (2.7%), Vitamin A: 103.38IU (2.07%), Vitamin K: 1.99µg (1.89%), Zinc: 0.28mg (1.83%), Vitamin E: 0.27mg (1.81%), Copper: 0.04mg (1.8%), Vitamin B12: 0.1µg (1.68%), Vitamin B6: 0.03mg (1.6%), Vitamin D: 0.22µg (1.47%), Magnesium: 5.85mg (1.46%), Calcium: 12.99mg (1.3%), Potassium: 42.44mg (1.21%)