



Vinegar Pie X

READY IN



60 min.

SERVINGS



8

CALORIES



207 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 eggs
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.3 teaspoon ground allspice
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.1 teaspoon salt
- ☐ 1 9-inch unbaked pie crust
- ☐ 1 cup water

- ☐ 0.5 cup sugar white
- ☐ 2 tablespoons vinegar white

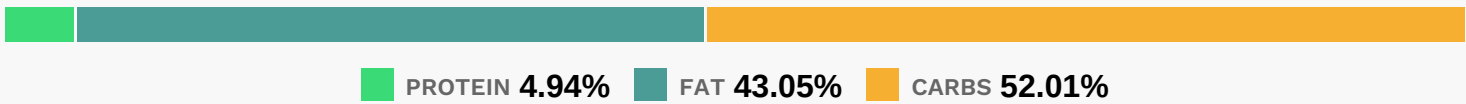
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C.)
- ☐ In a large saucepan combine sugar, flour, cinnamon, cloves, allspice, and salt.
- ☐ Mix well, then whisk in egg, vinegar, and water.
- ☐ Add butter and cook mixture over low heat until thick, stirring constantly.
- ☐ Pour mixture into pastry shell.
- ☐ Bake pastry in preheated oven for 3 minutes.
- ☐ Pour in filling and bake for 20 to 25 minutes, or until crust is brown on edges.

Nutrition Facts



Properties

Glycemic Index:33.14, Glycemic Load:10.29, Inflammation Score:-1, Nutrition Score:2.9965217622078%

Nutrients (% of daily need)

Calories: 207.25kcal (10.36%), Fat: 9.96g (15.33%), Saturated Fat: 4.02g (25.13%), Carbohydrates: 27.08g (9.03%), Net Carbohydrates: 26.21g (9.53%), Sugar: 12.51g (13.9%), Cholesterol: 27.99mg (9.33%), Sodium: 170.89mg (7.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.57g (5.14%), Manganese: 0.22mg (10.85%), Folate: 25.39µg (6.35%), Vitamin B1: 0.09mg (6.23%), Selenium: 4.21µg (6.02%), Iron: 0.92mg (5.1%), Vitamin B2: 0.09mg (5.02%), Vitamin B3: 0.85mg (4.26%), Fiber: 0.87g (3.47%), Phosphorus: 33.22mg (3.32%), Vitamin A: 118.59IU (2.37%), Vitamin K: 2.26µg (2.15%), Vitamin B5: 0.2mg (2.03%), Vitamin E: 0.27mg (1.78%), Copper: 0.03mg (1.7%), Magnesium: 5.83mg (1.46%), Zinc: 0.22mg (1.45%), Calcium: 13.68mg (1.37%), Vitamin B6: 0.02mg (1.2%), Potassium: 38.39mg (1.1%)