



Whiskey Pie with Tipsy Berries

 Vegetarian

READY IN



205 min.

SERVINGS



8

CALORIES



404 kcal

DESSERT

Ingredients

- ☐ 8 servings poached berries
- ☐ 2 tablespoons bourbon
- ☐ 0.3 cup butter melted
- ☐ 0.5 cup butter melted
- ☐ 1 cup buttermilk
- ☐ 3 large eggs beaten
- ☐ 2 tablespoons flour all-purpose
- ☐ 1.7 cups graham cracker crumbs crushed finely

- ☐ 1 pinch nutmeg freshly grated
- ☐ 0.1 teaspoon sea salt
- ☐ 1 cup sugar
- ☐ 3 tablespoons sugar
- ☐ 1 teaspoon vanilla extract

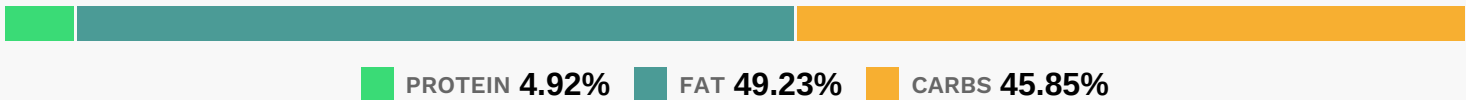
Equipment

- ☐ oven
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Preheat oven to 35
- ☐ Stir together first 3 ingredients; firmly press on bottom and up sides of a 9-inch pie plate.
- ☐ Bake 10 to 12 minutes or until fragrant. Cool completely on a wire rack (about 30 minutes). Reduce oven temperature to 32
- ☐ Whisk together flour and 1 cup sugar.
- ☐ Whisk in eggs until sugar is dissolved.
- ☐ Whisk in buttermilk and next 5 ingredients until smooth.
- ☐ Pour into crust.
- ☐ Bake at 325 for 45 to 50 minutes or until puffy and golden. Cool completely on a wire rack (about 1 hour). Chill until ready to serve.
- ☐ Serve with Tipsy Berries.
- ☐ *Chocolate graham crackers may be substituted.

Nutrition Facts



Properties

Glycemic Index:63.15, Glycemic Load:31.54, Inflammation Score:-4, Nutrition Score:5.1408695098337%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 403.87kcal (20.19%), Fat: 21.95g (33.77%), Saturated Fat: 12.4g (77.53%), Carbohydrates: 46.01g (15.34%), Net Carbohydrates: 45.31g (16.48%), Sugar: 35.2g (39.11%), Cholesterol: 118.8mg (39.6%), Sodium: 347.07mg (15.09%), Alcohol: 1.42g (100%), Alcohol %: 1.45% (100%), Protein: 4.94g (9.87%), Vitamin A: 683.16IU (13.66%), Vitamin B2: 0.2mg (11.91%), Selenium: 7.89µg (11.28%), Phosphorus: 105.66mg (10.57%), Iron: 1.17mg (6.52%), Calcium: 64.9mg (6.49%), Vitamin B12: 0.34µg (5.68%), Folate: 22.6µg (5.65%), Vitamin B1: 0.08mg (5.22%), Vitamin D: 0.76µg (5.1%), Zinc: 0.74mg (4.91%), Vitamin E: 0.72mg (4.78%), Vitamin B5: 0.43mg (4.34%), Magnesium: 16.75mg (4.19%), Vitamin B3: 0.83mg (4.16%), Vitamin B6: 0.06mg (3.13%), Potassium: 106.85mg (3.05%), Fiber: 0.7g (2.79%), Vitamin K: 1.81µg (1.72%), Copper: 0.03mg (1.69%), Manganese: 0.03mg (1.37%)