

Zucchini Pie II

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



128 kcal

DESSERT

Ingredients

- 1 tablespoon butter diced
- 1.5 tablespoons cream of tartar
- 2 tablespoons flour all-purpose
- 1.5 teaspoons ground cinnamon
- 0.3 teaspoon ground nutmeg
- 2 tablespoons juice of lemon
- 0.1 teaspoon salt
- 1.3 cups sugar white

4 cups zucchini peeled seeded sliced

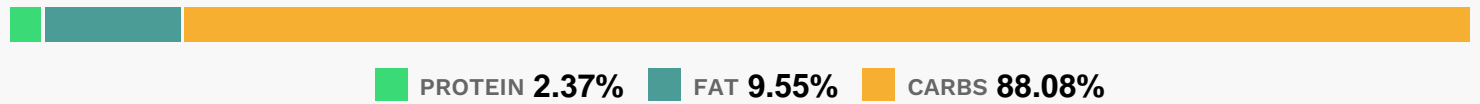
Equipment

oven

Directions

- Boil zucchini until tender.
- Drain and let stand in cold water for about 5 minutes, then drain.
- Add sugar, flour, cinnamon, cream of tartar, lemon juice, salt, and nutmeg.
- Mix well. Put into the pie crust. Dot with butter. Put top crust on.
- Bake at 400 degrees F (205 degrees C) for 40 to 50 minutes.

Nutrition Facts



Properties

Glycemic Index:28.51, Glycemic Load:18.45, Inflammation Score:-2, Nutrition Score:3.1191304342254%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 127.57kcal (6.38%), Fat: 1.42g (2.18%), Saturated Fat: 0.78g (4.87%), Carbohydrates: 29.43g (9.81%), Net Carbohydrates: 28.71g (10.44%), Sugar: 26.29g (29.21%), Cholesterol: 3.01mg (1%), Sodium: 43.54mg (1.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.79g (1.58%), Potassium: 502.43mg (14.36%), Vitamin C: 10.05mg (12.18%), Manganese: 0.16mg (7.89%), Vitamin B6: 0.08mg (4.17%), Folate: 15.35µg (3.84%), Vitamin B2: 0.06mg (3.52%), Fiber: 0.72g (2.88%), Vitamin A: 135.3IU (2.71%), Magnesium: 9.78mg (2.45%), Vitamin B1: 0.04mg (2.34%), Vitamin K: 2.33µg (2.22%), Phosphorus: 21.45mg (2.15%), Iron: 0.38mg (2.1%), Copper: 0.04mg (1.83%), Vitamin B3: 0.32mg (1.6%), Zinc: 0.19mg (1.27%), Calcium: 12.22mg (1.22%), Vitamin B5: 0.11mg (1.14%), Selenium: 0.79µg (1.13%)