

Mother's Egg Custard Pie

*Sara F Patterson, Nancy F Holley & Cleo F Long
Three Sisters Cookbook - Alexander City, AL*

3 eggs
3 tablespoons flour
1 cup sugar
6 tablespoons butter
1 cup milk
1 teaspoon vanilla
1 pie crust

Preheat the oven to 325 degrees.

In a saucepan, melt the butter. Then place the milk in the pan where the butter was melted just to take the chill from the melt.

In a bowl, beat the eggs. Add the sugar. Then add the butter, milk, flour and vanilla. Pour the mixture into the pie crust.

Bake for 30 minutes.

(To make this pie as a fruit custard, place a thin layer of cooked, mashed apples on the bottom of the crust. Carefully pour the custard filling on top of the apples and bake.)

Per Serving (excluding unknown items): 2655 Calories; 141g Fat (47.3% calories from fat); 41g Protein; 312g Carbohydrate; 5g Dietary Fiber; 855mg Cholesterol; 2201mg Sodium. Exchanges: 6 1/2 Grain(Starch); 2 1/2 Lean Meat; 1 Non-Fat Milk; 26 Fat; 13 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	2655	Vitamin B6 (mg):	.4mg
% Calories from Fat:	47.3%	Vitamin B12 (mcg):	2.9mcg
% Calories from Carbohydrates:	46.6%	Thiamin B1 (mg):	.9mg
% Calories from Protein:	6.1%	Riboflavin B2 (mg):	1.7mg
Total Fat (g):	141g	Folacin (mcg):	112mcg
Saturated Fat (g):	65g	Niacin (mg):	6mg
Monounsaturated Fat (g):	56g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	11g	Alcohol (kcal):	13

Cholesterol (mg):	855mg
Carbohydrate (g):	312g
Dietary Fiber (g):	5g
Protein (g):	41g
Sodium (mg):	2201mg
Potassium (mg):	721mg
Calcium (mg):	491mg
Iron (mg):	8mg
Zinc (mg):	3mg
Vitamin C (mg):	2mg
Vitamin A (i.u.):	3640IU
Vitamin A (r.e.):	946 1/2RE

% Refuse: 0.0%

Food Exchanges

Grain (Starch):	6 1/2
Lean Meat:	2 1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	1
Fat:	26
Other Carbohydrates:	13 1/2

Nutrition Facts

Amount Per Serving

Calories 2655 **Calories from Fat:** 1256

% Daily Values*

Total Fat 141g	217%
Saturated Fat 65g	325%
Cholesterol 855mg	285%
Sodium 2201mg	92%
Total Carbohydrates 312g	104%
Dietary Fiber 5g	19%
Protein 41g	
Vitamin A	73%
Vitamin C	4%
Calcium	49%
Iron	43%

* Percent Daily Values are based on a 2000 calorie diet.