

# Shaker Sugar Pie

*The Golden Lamb - Lebanon, OH*  
*The Great Country Inns of America Cookbook (2nd ed) (1992)*

## Servings: 6

*1 nine-inch unbaked pie shell*  
*1/3 cup flour*  
*1 cup brown sugar*  
*2 cups light cream*  
*1 teaspoon vanilla extract*  
*4 tablespoons butter*  
*nutmeg*

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Preheat the oven to 350 degrees.

In a bowl, thoroughly mix the flour and brown sugar. Spread evenly on the bottom of the unbaked pie shell.

Add the cream and vanilla. Slice the butter into pieces and distribute evenly over the top of the pie. Sprinkle with nutmeg.

Bake for 40 to 45 minutes or until firm.

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Per Serving (excluding unknown items): 342 Calories; 23g Fat (59.9% calories from fat); 3g Protein; 32g Carbohydrate; trace Dietary Fiber; 74mg Cholesterol; 119mg Sodium. Exchanges: 1/2 Grain(Starch); 4 1/2 Fat; 2 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	342	<b>Vitamin B6 (mg):</b>	trace
<b>% Calories from Fat:</b>	59.9%	<b>Vitamin B12 (mcg):</b>	.2mcg
<b>% Calories from Carbohydrates:</b>	36.7%	<b>Thiamin B1 (mg):</b>	.1mg
<b>% Calories from Protein:</b>	3.4%	<b>Riboflavin B2 (mg):</b>	.2mg
<b>Total Fat (g):</b>	23g	<b>Folacin (mcg):</b>	4mcg
<b>Saturated Fat (g):</b>	14g	<b>Niacin (mg):</b>	trace
<b>Monounsaturated Fat (g):</b>	7g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	1g	<b>Alcohol (kcal):</b>	2
<b>Cholesterol (mg):</b>	74mg	<b>% Refuse:</b>	n.n%
<b>Carbohydrate (g):</b>	32g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	trace	<b>Grain (Starch):</b>	1/2
<b>Protein (g):</b>	3g	<b>Lean Meat:</b>	0

**Sodium (mg):** 119mg  
**Potassium (mg):** 191mg  
**Calcium (mg):** 101mg  
**Iron (mg):** 1mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** 1mg  
**Vitamin A (i.u.):** 865IU  
**Vitamin A (r.e.):** 217RE

**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 4 1/2  
**Other Carbohydrates:** 2

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## Nutrition Facts

Servings per Recipe: 6

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### Amount Per Serving

**Calories** 342 Calories from Fat: 205

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#### % Daily Values\*

<b>Total Fat</b>	23g	36%
	Saturated Fat 14g	72%
<b>Cholesterol</b>	74mg	25%
<b>Sodium</b>	119mg	5%
<b>Total Carbohydrates</b>	32g	11%
	Dietary Fiber trace	1%
<b>Protein</b>	3g	

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<b>Vitamin A</b>	17%
<b>Vitamin C</b>	1%
<b>Calcium</b>	10%
<b>Iron</b>	5%

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