



PREPARATION: 5 MINUTES | COOKING: 30 MINUTES | SERVINGS: 8

CUSTARD PIE

INGREDIENTS

1 deep-dish unbaked, store-bought pie crust

4 large eggs

½ cup granulated sugar

1½ cups hot milk (2% milk fat)

2 teaspoons vanilla extract

½ teaspoon nutmeg (or cinnamon)

Garnish

1 tablespoon maple syrup

1 cup sliced strawberries

PREPARATION

- 1** Preheat oven to 450°F and position baking rack in the middle.
- 2** In a bowl, whisk together eggs, sugar, milk, and vanilla extract.
- 3** Pour into the pie crust and sprinkle with nutmeg (or cinnamon). Bake for 10 minutes at 450°F.
- 4** Reduce oven temperature to 350°F and bake another 25 minutes or until custard sets.
- 5** Let cool or serve warm. Drizzle with maple syrup and top with sliced strawberries.

CUSTARD PIE



Nutrient Analysis

PER SERVING

% of recipe

Renal/Diabetic Exchanges:
 ½ Protein + 1 Starch + 1 Lower-Potassium Fruit + 1 Fat

Calories	253 kcal
Protein	7 g
Total Carbohydrate	31 g
Fiber	0.4 g
Sugars	18 g
Fat	11 g
Saturated	5 g
Cholesterol	97 mg
Sodium	104 mg
Potassium	147 mg
Phosphorus	121 mg
Calcium	78 mg

Diet Types

- CKD Non-Dialysis Dialysis/Diabetes
- Dialysis Transplant

PHOSPHORUS CHECK ✓

Pie crust — use for a variety of recipes

Pie crust offers a versatile foundation that can be used to create many recipes. Inexpensive to make or buy, crust can be used for a quiche with eggs and lower-potassium vegetables, a chicken or beef pot pie, low-sodium empanadas, or a fruit pie.

If you enjoy baking, homemade pie crusts can be prepared with simple, low-cost ingredients you likely already have on hand. Most recipes include flour, water, salt, and butter or shortening. Specific ingredient amounts, like salt, can be adjusted to create the desired taste and amount of sodium per serving. While homemade crust is best eaten shortly after preparing, it does not contain phosphate or potassium additives like store-bought pie crust.

Store-bought pie crusts are a convenient alternative when short on time or for a budget-friendly one-pan meal. Purchased as a refrigerated or frozen item, they also have a longer shelf life. Preparation is minimal with easy-to-follow baking instructions. Compared to crust made from scratch, premade pie crusts may include more ingredients, some of which are higher in sodium, potassium, or phosphorus. Reading ingredient labels and avoiding crusts with “phos” or “potassium” additives can help you choose the best option.

Presented by



Favorably reviewed by



Supported by an educational donation by

