



2-Layer Rum Pecan Pie with Cheesecake

 Vegetarian  Gluten Free

READY IN

ready

65 min.

SERVINGS

servings

8

CALORIES

calories

387 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 1 cup plus
- ☐ 8 ounce cream cheese
- ☐ 1 eggs
- ☐ 3 eggs
- ☐ 1 cup pecans
- ☐ 2 teaspoons rum extract
- ☐ 0.3 teaspoon salt

- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup sugar white

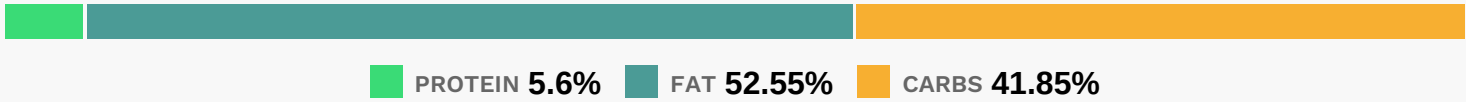
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ pie form

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Unroll 1 pie crust on a work surface; brush with water.
- ☐ Place second pie crust atop the first pie crust; press gently together.
- ☐ Place the double crust in a 9-inch pie pan.
- ☐ Beat cream cheese, 1/2 cup sugar, 1 egg, vanilla, and salt together in a bowl until smooth and creamy.
- ☐ Pour into pie crust; sprinkle cheesecake filling with pecans.
- ☐ Mix corn syrup, butter, 1/4 cup sugar, 3 eggs, and rum extract together in a bowl until smooth; pour over pecan layer.
- ☐ Bake in the preheated oven until a knife inserted in the center of the pie comes out clean, 45 to 50 minutes.

Nutrition Facts



Properties

Glycemic Index:22.01, Glycemic Load:11.06, Inflammation Score:-4, Nutrition Score:6.6273912495893%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg

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Nutrients (% of daily need)

Calories: 387.42kcal (19.37%), Fat: 23.7g (36.46%), Saturated Fat: 8.98g (56.12%), Carbohydrates: 42.47g (14.16%), Net Carbohydrates: 41.28g (15.01%), Sugar: 40.68g (45.2%), Cholesterol: 118mg (39.33%), Sodium: 241.97mg (10.52%), Alcohol: 0.17g (100%), Alcohol %: 0.19% (100%), Protein: 5.68g (11.36%), Manganese: 0.57mg (28.39%), Selenium: 10.03µg (14.33%), Vitamin A: 593.93IU (11.88%), Phosphorus: 109.04mg (10.9%), Vitamin B2: 0.18mg (10.86%), Copper: 0.17mg (8.51%), Vitamin B1: 0.12mg (8.16%), Zinc: 1.18mg (7.85%), Vitamin B5: 0.61mg (6.1%), Calcium: 55.03mg (5.5%), Magnesium: 20.72mg (5.18%), Vitamin E: 0.73mg (4.86%), Fiber: 1.19g (4.75%), Vitamin B12: 0.26µg (4.4%), Iron: 0.73mg (4.08%), Vitamin B6: 0.08mg (3.97%), Folate: 15.72µg (3.93%), Potassium: 120.67mg (3.45%), Vitamin D: 0.44µg (2.93%), Vitamin K: 1.34µg (1.28%)