



Aunt Bonnie's Vegan Pecan Pie

 Dairy Free

READY IN



80 min.

SERVINGS



8

CALORIES



553 kcal

DESSERT

Ingredients

- ☐ 0.5 cup unbleached cane sugar
- ☐ 1 cup plus
- ☐ 3 eggs (such as Ener-G brand)
- ☐ 60 pecan halves whole (for top of pie)
- ☐ 2 cups broken pecans (broken into small pieces)
- ☐ 1 " wholly wholesome pie shell
- ☐ 1 pinch sea salt
- ☐ 1 teaspoon vanilla extract pure

☐ 4 tablespoons vegan vegetable margarine

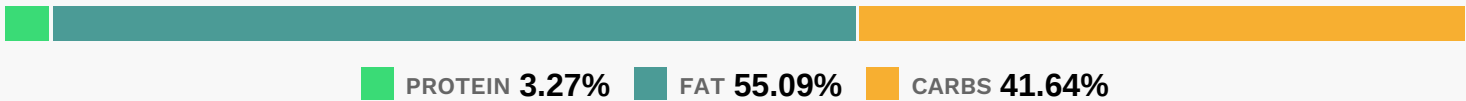
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Combine unbleached cane sugar and corn syrup in a fry pan over a medium heat for 5 minutes
- ☐ Melt vegetable margarine into mixture
- ☐ Set aside to cool (if you're in a rush, put the pan on a bed of ice in the sink)Preheat oven to 400°F.Once cooled, whisk in eggs or applesauce, sea salt and vanilla
- ☐ Fill pie shell with broken pecans
- ☐ Pour syrup mixture over pecans until it's just below the rim
- ☐ Arrange pecan halves on top starting with the largest pecans around the outside in a circle and using progressively smaller pecan halves as you circles move towards the center. Be sure to save some nice small ones for the center
- ☐ Place on a piece of foil on top of a cookie sheet and place in the oven
- ☐ Reduce oven to 350 deg F. and bake for 50 minutes or until pecans are nicely toasted, but not burnt

Nutrition Facts



Properties

Glycemic Index:13.64, Glycemic Load:15.1, Inflammation Score:-4, Nutrition Score:10.887826077316%

Flavonoids

Cyanidin: 3.79mg, Cyanidin: 3.79mg, Cyanidin: 3.79mg, Cyanidin: 3.79mg Delphinidin: 2.57mg, Delphinidin: 2.57mg, Delphinidin: 2.57mg, Delphinidin: 2.57mg Catechin: 2.55mg, Catechin: 2.55mg, Catechin: 2.55mg, Catechin: 2.55mg Epigallocatechin: 1.98mg, Epigallocatechin: 1.98mg, Epigallocatechin: 1.98mg, Epigallocatechin: 1.98mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Epigallocatechin 3-gallate: 0.81mg, Epigallocatechin 3-gallate: 0.81mg, Epigallocatechin 3-gallate: 0.81mg, Epigallocatechin 3-gallate: 0.81mg

Nutrients (% of daily need)

Calories: 553.36kcal (27.67%), Fat: 35.62g (54.8%), Saturated Fat: 5.09g (31.84%), Carbohydrates: 60.57g (20.19%), Net Carbohydrates: 56.66g (20.6%), Sugar: 46.76g (51.95%), Cholesterol: 2.14mg (0.71%), Sodium: 166.57mg (7.24%), Alcohol: 0.17g (100%), Alcohol %: 0.18% (100%), Protein: 4.76g (9.52%), Manganese: 1.68mg (84.11%), Copper: 0.44mg (22.05%), Vitamin B1: 0.32mg (21.14%), Fiber: 3.92g (15.66%), Vitamin E: 1.95mg (13%), Zinc: 1.89mg (12.59%), Magnesium: 46.57mg (11.64%), Phosphorus: 115.04mg (11.5%), Iron: 1.46mg (8.13%), Vitamin K: 6.67µg (6.35%), Vitamin A: 291.89IU (5.84%), Folate: 23.1µg (5.77%), Vitamin B2: 0.09mg (5.38%), Vitamin B3: 0.99mg (4.95%), Potassium: 171.3mg (4.89%), Selenium: 3.4µg (4.86%), Vitamin B6: 0.09mg (4.27%), Vitamin B5: 0.4mg (4.03%), Calcium: 35.66mg (3.57%)