



Bourbon And Chocolate Pecan Pie

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



971 kcal

DESSERT

Ingredients

- 3 tablespoons bourbon
- 0.8 cup sugar cane syrup dark (such as Steen's)
- 3 large eggs
- 1 cup flour for dusting all-purpose plus more
- 2 tablespoons ice water plus more if needed
- 0.3 cup ground pecans finely
- 5.5 cups pecan halves
- 0.3 teaspoon salt

- 1 pinch salt
- 1 cup sugar
- 1 tablespoon sugar
- 0.3 cup butter unsalted ()
- 0.5 cup butter unsalted cold cut into small chunks (1 stick)
- 2 ounces chocolate unsweetened
- 0.5 teaspoon vanilla extract pure

Equipment

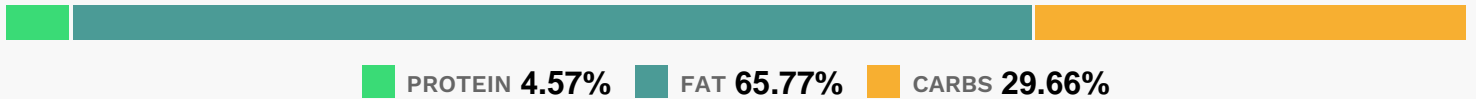
- frying pan
- baking sheet
- sauce pan
- oven
- knife
- mixing bowl
- blender
- plastic wrap
- pie form

Directions

- Watch how to make this recipe.
- To make the pastry: combine the flour, ground pecans, sugar, and salt in a large mixing bowl.
- Add the butter and mix with a pastry blender or your hands until the mixture resembles coarse crumbs.
- Pour in the ice water and work it in to bind the dough until it holds together without being too wet or sticky. Squeeze a small amount together, if it is crumbly, add more ice water, 1 tablespoon at a time. Wrap the dough in plastic wrap and refrigerate for at least 30 minutes.
- Roll out the dough on a lightly floured surface into a 12-inch circle. Carefully roll the dough up onto the pin (this may take a little practice) and lay it inside a 9-inch pie pan. Press the dough into the pan so it fits tightly and trim the excess around the rim.

- Place the pie pan on a sturdy cookie sheet so it will be easy to move in and out of the oven.
- Preheat the oven to 350 degrees F.
- To make the filling: melt the butter and chocolate in a small saucepan over medium-low heat, remove from heat and let cool. Beat the eggs in a large mixing bowl until frothy and then blend in the sugar. Stir in the syrup, vanilla, bourbon, salt, and the melted butter mixture until well blended.
- Arrange the pecans on the bottom of the pie crust and carefully pour the egg mixture over them.
- Bake until the filling is set and slightly puffed, about 45 minutes. Test for doneness by sticking a thin knife in the center of the pie, if it comes out pretty clean, you're good to go.
- Transfer the pie to rack and cool completely before cutting.

Nutrition Facts



Properties

Glycemic Index:42.52, Glycemic Load:49.76, Inflammation Score:-7, Nutrition Score:20.980434715748%

Flavonoids

Cyanidin: 7.64mg, Cyanidin: 7.64mg, Cyanidin: 7.64mg, Cyanidin: 7.64mg Delphinidin: 5.18mg, Delphinidin: 5.18mg, Delphinidin: 5.18mg, Delphinidin: 5.18mg Catechin: 9.71mg, Catechin: 9.71mg, Catechin: 9.71mg, Catechin: 9.71mg Epigallocatechin: 4.01mg, Epigallocatechin: 4.01mg, Epigallocatechin: 4.01mg, Epigallocatechin: 4.01mg Epicatechin: 10.64mg, Epicatechin: 10.64mg, Epicatechin: 10.64mg, Epicatechin: 10.64mg Epigallocatechin 3-gallate: 1.64mg, Epigallocatechin 3-gallate: 1.64mg, Epigallocatechin 3-gallate: 1.64mg, Epigallocatechin 3-gallate: 1.64mg

Nutrients (% of daily need)

Calories: 970.64kcal (48.53%), Fat: 74.22g (114.19%), Saturated Fat: 18.23g (113.96%), Carbohydrates: 75.31g (25.1%), Net Carbohydrates: 66.88g (24.32%), Sugar: 54.3g (60.33%), Cholesterol: 115.5mg (38.5%), Sodium: 158.58mg (6.89%), Alcohol: 1.96g (100%), Alcohol %: 1.23% (100%), Caffeine: 5.67mg (1.89%), Protein: 11.6g (23.19%), Manganese: 3.64mg (182.24%), Copper: 1.14mg (57.16%), Vitamin B1: 0.62mg (41.01%), Fiber: 8.43g (33.72%), Magnesium: 118.01mg (29.5%), Phosphorus: 288.32mg (28.83%), Zinc: 4.29mg (28.63%), Iron: 4.23mg (23.48%), Selenium: 15.63µg (22.33%), Vitamin B2: 0.28mg (16.36%), Folate: 55.68µg (13.92%), Vitamin A: 672.92IU (13.46%), Potassium: 413.36mg (11.81%), Vitamin E: 1.72mg (11.5%), Vitamin B5: 1.01mg (10.13%), Vitamin B6: 0.19mg (9.69%), Vitamin B3: 1.88mg (9.41%), Calcium: 81.13mg (8.11%), Vitamin D: 0.69µg (4.63%), Vitamin K: 4.77µg (4.54%), Vitamin B12: 0.2µg (3.38%)