



Bourbon and Chocolate Pecan Pie

 Vegetarian

READY IN



140 min.

SERVINGS



8

CALORIES



629 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
- ☐ 1.5 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

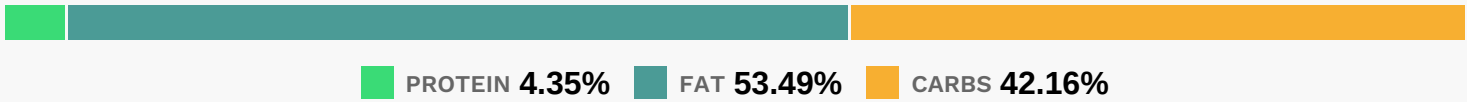
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ mixing bowl
- ☐ blender
- ☐ plastic wrap
- ☐ pie form

Directions

- ☐ 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:49.54, Inflammation Score:-6, Nutrition Score:12.783913084994%

Flavonoids

Cyanidin: 2.33mg, Cyanidin: 2.33mg, Cyanidin: 2.33mg, Cyanidin: 2.33mg Delphinidin: 1.58mg, Delphinidin: 1.58mg, Delphinidin: 1.58mg, Delphinidin: 1.58mg Catechin: 6.13mg, Catechin: 6.13mg, Catechin: 6.13mg, Catechin: 6.13mg Epigallocatechin: 1.22mg, Epigallocatechin: 1.22mg, Epigallocatechin: 1.22mg, Epigallocatechin: 1.22mg Epicatechin: 10.23mg, Epicatechin: 10.23mg, Epicatechin: 10.23mg, Epicatechin: 10.23mg Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg

Nutrients (% of daily need)

Calories: 628.6kcal (31.43%), Fat: 38.58g (59.36%), Saturated Fat: 15.17g (94.84%), Carbohydrates: 68.43g (22.81%), Net Carbohydrates: 64.75g (23.55%), Sugar: 52.33g (58.15%), Cholesterol: 115.5mg (38.5%), Sodium: 158.58mg (6.89%), Alcohol: 1.96g (100%), Alcohol %: 1.63% (100%), Caffeine: 5.67mg (1.89%), Protein: 7.06g (14.12%), Manganese: 1.42mg (70.87%), Copper: 0.55mg (27.46%), Selenium: 13.75µg (19.64%), Vitamin B1: 0.29mg (19.23%), Iron: 2.97mg (16.52%), Phosphorus: 151.2mg (15.12%), Fiber: 3.68g (14.71%), Magnesium: 58.12mg (14.53%), Zinc: 2.05mg (13.68%), Vitamin A: 645.2IU (12.9%), Vitamin B2: 0.21mg (12.57%), Folate: 44.79µg (11.2%), Vitamin E: 1.03mg (6.88%), Vitamin B3: 1.3mg (6.52%), Potassium: 210.41mg (6.01%), Vitamin B5: 0.59mg (5.86%), Calcium: 46.48mg (4.65%), Vitamin D: 0.69µg (4.63%), Vitamin B6: 0.09mg (4.49%), Vitamin B12: 0.2µg (3.38%), Vitamin K: 3.04µg (2.89%)