



Bourbon-Flavored Pecan Pie

READY IN



65 min.

SERVINGS



4

CALORIES



563 kcal

DESSERT

Ingredients

- 1.5 teaspoons bourbon
- 0.5 cup plus dark
- 2 large eggs
- 0.3 teaspoon kosher salt
- 1 cup pecans
- 1 sheet pie dough refrigerated (half of a 15-ounce package)
- 0.8 cup sugar
- 2.5 tablespoons butter unsalted cut into cubes
- 1.5 teaspoons vanilla extract

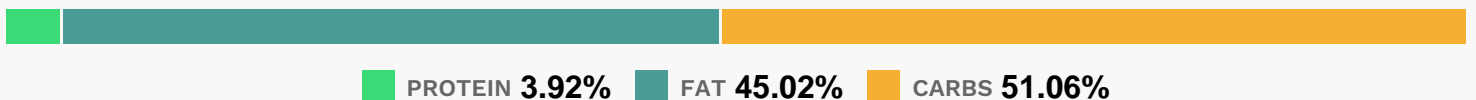
Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- whisk
- spatula

Directions

- Preheat the oven to 350 degrees F. Stir the sugar and corn syrup in a saucepan over medium heat until the sugar melts.
- Remove from heat.
- Add the butter and let melt, slowly stirring with a rubber spatula to keep the mixture from getting foamy. Gently stir in the vanilla, bourbon and salt.
- Whisk the eggs in a medium bowl. Gradually add the sugar mixture, whisking until incorporated.
- Lightly mist four 4-inch individual pie pans with cooking spray. Unfold the pie dough and cut into quarters; press each piece into a pan and crimp the edges with your fingers.
- Place on a baking sheet. Divide the pecans evenly among the pie shells and pour the filling on top.
- Bake the pies until golden and firm, about 45 minutes. Cool completely on a rack, then carefully remove from the pans.
- Serve with whipped cream, if desired.
- Photograph by Yunhee Kim

Nutrition Facts



Properties

Glycemic Index:46.27, Glycemic Load:56.06, Inflammation Score:-3, Nutrition Score:9.6604348628417%

Flavonoids

Cyanidin: 2.93mg, Cyanidin: 2.93mg, Cyanidin: 2.93mg, Cyanidin: 2.93mg Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg

Nutrients (% of daily need)

Calories: 562.86kcal (28.14%), Fat: 29.28g (45.05%), Saturated Fat: 6.98g (43.64%), Carbohydrates: 74.71g (24.9%), Net Carbohydrates: 72.08g (26.21%), Sugar: 71.87g (79.85%), Cholesterol: 111.81mg (37.27%), Sodium: 249.43mg (10.84%), Alcohol: 1.14g (100%), Alcohol %: 1% (100%), Protein: 5.74g (11.48%), Manganese: 1.28mg (64.15%), Copper: 0.37mg (18.67%), Selenium: 10.27µg (14.68%), Phosphorus: 132.12mg (13.21%), Vitamin B1: 0.2mg (13.06%), Zinc: 1.59mg (10.6%), Fiber: 2.62g (10.49%), Magnesium: 39.78mg (9.94%), Vitamin B2: 0.17mg (9.74%), Vitamin A: 368.92IU (7.38%), Iron: 1.32mg (7.31%), Vitamin B5: 0.64mg (6.39%), Vitamin E: 0.85mg (5.65%), Vitamin B6: 0.1mg (5.22%), Potassium: 170.36mg (4.87%), Folate: 18.18µg (4.55%), Calcium: 43.53mg (4.35%), Vitamin D: 0.63µg (4.21%), Vitamin B12: 0.24µg (3.96%), Vitamin B3: 0.36mg (1.82%), Vitamin K: 1.66µg (1.58%)