



WHATSheATE



Bourbon-Orange Pecan Pie with Bourbon Cream

READY IN



45 min.

SERVINGS



8

CALORIES



783 kcal

DESSERT

Ingredients

- ☐ 4 tablespoons bourbon
- ☐ 3 tablespoons candied orange peel finely chopped
- ☐ 1 cup plus light
- ☐ 3 large eggs
- ☐ 1 cup brown sugar packed ()
- ☐ 1 tablespoon orange zest grated
- ☐ 9.5 ounces pecans toasted
- ☐ 8 servings pie crust dough

- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons sugar
- ☐ 0.3 cup butter unsalted melted ()
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup whipping cream chilled

Equipment

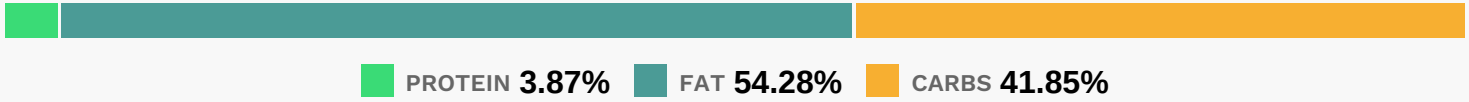
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ aluminum foil
- ☐ pie form

Directions

- ☐ Roll out dough on lightly floured surface to 13-inch round.
- ☐ Transfer to 9-inch deep-dish glass pie dish. Trim overhang to 1/2 inch. Fold overhang under; crimp edges decoratively. Refrigerate 1 hour.
- ☐ Preheat oven to 375°F. Line pie crust with foil. Fill with dried beans or pie weights.
- ☐ Bake until crust edges begin to brown and crust is set, about 17 minutes.
- ☐ Remove foil and beans.
- ☐ Bake until golden brown, pressing with back of fork if crust bubbles, about 5 minutes longer.
- ☐ Transfer pie crust to rack. Maintain oven temperature.
- ☐ Whisk brown sugar, corn syrup, and melted butter in large bowl to blend.
- ☐ Whisk in eggs 1 at a time. Stir in candied orange peel, 3 tablespoons bourbon, grated orange peel, vanilla, salt, and then toasted pecans.
- ☐ Pour filling into prepared crust.
- ☐ Bake pie until edges puff and center is just set, about 50 minutes. Cool pie on rack at least 1 hour. (Can be made 6 hours ahead.)

- ☐ Let stand at room temperature.)
- ☐ Using electric mixer, beat 1 cup chilled whipping cream, 2 tablespoons sugar, and remaining 1 tablespoon bourbon in large bowl until cream holds peaks.
- ☐ Serve pie warm or at room temperature with bourbon cream.

Nutrition Facts



Properties

Glycemic Index:14.26, Glycemic Load:8.46, Inflammation Score:-6, Nutrition Score:13.380869435227%

Flavonoids

Cyanidin: 3.62mg, Cyanidin: 3.62mg, Cyanidin: 3.62mg, Cyanidin: 3.62mg Delphinidin: 2.45mg, Delphinidin: 2.45mg, Delphinidin: 2.45mg, Delphinidin: 2.45mg Catechin: 2.44mg, Catechin: 2.44mg, Catechin: 2.44mg, Catechin: 2.44mg Epigallocatechin: 1.9mg, Epigallocatechin: 1.9mg, Epigallocatechin: 1.9mg, Epigallocatechin: 1.9mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Epigallocatechin 3-gallate: 0.77mg, Epigallocatechin 3-gallate: 0.77mg, Epigallocatechin 3-gallate: 0.77mg, Epigallocatechin 3-gallate: 0.77mg

Nutrients (% of daily need)

Calories: 782.59kcal (39.13%), Fat: 48.16g (74.09%), Saturated Fat: 14.89g (93.05%), Carbohydrates: 83.53g (27.84%), Net Carbohydrates: 79.6g (28.95%), Sugar: 69.22g (76.91%), Cholesterol: 118.62mg (39.54%), Sodium: 234.76mg (10.21%), Alcohol: 2.68g (100%), Alcohol %: 1.71% (100%), Protein: 7.73g (15.45%), Manganese: 1.64mg (82.06%), Copper: 0.46mg (22.76%), Vitamin B1: 0.32mg (21.4%), Phosphorus: 166.5mg (16.65%), Fiber: 3.93g (15.73%), Vitamin A: 739.12IU (14.78%), Zinc: 2.14mg (14.3%), Selenium: 9.9µg (14.14%), Vitamin B2: 0.23mg (13.29%), Magnesium: 51.75mg (12.94%), Iron: 1.98mg (11%), Calcium: 90.14mg (9.01%), Folate: 33µg (8.25%), Vitamin E: 1.21mg (8.06%), Vitamin B5: 0.79mg (7.88%), Potassium: 257.14mg (7.35%), Vitamin B6: 0.14mg (6.83%), Vitamin D: 0.96µg (6.38%), Vitamin B3: 1.04mg (5.22%), Vitamin K: 4.25µg (4.05%), Vitamin B12: 0.23µg (3.78%), Vitamin C: 1.57mg (1.9%)