



Bourbon Pecan Pie with Pecan Crust

READY IN



240 min.

SERVINGS



8

CALORIES



757 kcal

DESSERT

Ingredients

- 0.3 cup pecans finely chopped
- 2 tablespoons flour all-purpose
- 14.1 oz pie crust dough refrigerated softened (2 Count)
- 3 eggs
- 0.8 cup brown sugar packed
- 3 tablespoons flour all-purpose
- 1 cup corn syrup dark
- 2 tablespoons butter melted
- 2 tablespoons bourbon

- 1.5 cups cashew pieces
- 0.8 cup whipping cream
- 2 tablespoons brown sugar packed
- 1 teaspoon vanilla

Equipment

- bowl
- oven
- whisk
- wire rack
- hand mixer
- aluminum foil

Directions

- Heat oven to 325°F. In bottom of ungreased 9-inch glass pie plate, mix 1/3 cup chopped pecans and 2 tablespoons flour.
- Place pie crust over pecan mixture in pie plate as directed on box for One-Crust Filled Pie.
- In large bowl, beat eggs slightly with hand beater or wire whisk. Beat in 3/4 cup brown sugar, 3 tablespoons flour, the corn syrup, butter and bourbon until smooth. Stir in pecan halves.
- Pour into crust-lined pie plate.
- Bake 15 minutes. Cover top of crust with foil to prevent excessive browning; bake 40 to 45 minutes longer or until filling is set and center of pie is puffed and golden brown. Cool completely on cooling rack, about 2 hours 30 minutes.
- In chilled medium bowl, beat topping ingredients with electric mixer on high speed until soft peaks form.
- Serve pie topped with whipped cream.

Nutrition Facts



PROTEIN 5.79% FAT 46% CARBS 48.21%

Properties

Glycemic Index:36.28, Glycemic Load:34.01, Inflammation Score:-6, Nutrition Score:14.441738994225%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg

Nutrients (% of daily need)

Calories: 756.95kcal (37.85%), Fat: 39.39g (60.6%), Saturated Fat: 12.48g (78%), Carbohydrates: 92.9g (30.97%), Net Carbohydrates: 90.29g (32.83%), Sugar: 58.39g (64.87%), Cholesterol: 86.59mg (28.86%), Sodium: 342.58mg (14.89%), Alcohol: 1.42g (100%), Alcohol %: 0.92% (100%), Protein: 11.16g (22.32%), Manganese: 0.92mg (46.1%), Copper: 0.68mg (33.94%), Phosphorus: 249.28mg (24.93%), Selenium: 16.68µg (23.83%), Magnesium: 93.89mg (23.47%), Iron: 3.89mg (21.59%), Vitamin B1: 0.32mg (21.52%), Folate: 59.52µg (14.88%), Vitamin B2: 0.25mg (14.77%), Zinc: 2.15mg (14.36%), Vitamin K: 12.83µg (12.22%), Vitamin A: 545.33IU (10.91%), Fiber: 2.61g (10.44%), Vitamin B3: 2mg (10%), Potassium: 328.17mg (9.38%), Vitamin B6: 0.19mg (9.37%), Vitamin B5: 0.82mg (8.25%), Calcium: 74.68mg (7.47%), Vitamin E: 1mg (6.67%), Vitamin D: 0.69µg (4.58%), Vitamin B12: 0.19µg (3.1%)