



Bourbon-Pecan Tart

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



311 kcal

DESSERT

Ingredients

- 2 tablespoons bourbon
- 0.8 cup corn syrup dark
- 3 large eggs
- 0.5 cup brown sugar packed ()
- 2 cups pecans
- 0.3 teaspoon salt
- 3 tablespoons butter unsalted melted
- 1 teaspoon vanilla extract

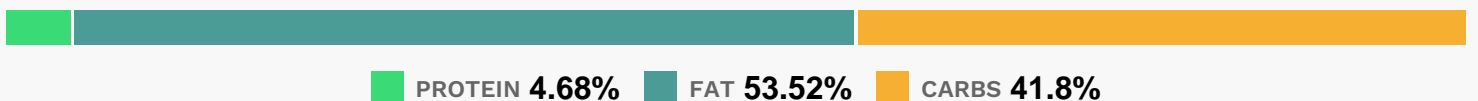
Equipment

- bowl
- frying pan
- baking sheet
- oven
- hand mixer
- aluminum foil
- tart form

Directions

- Place crust in 10-inch tart pan with removable bottom; press crust into pan. Trim overhang. Chill crust 30 minutes.
- Preheat oven to 375°F. Line crust with foil; fill with dried beans.
- Bake until crust is set and pale golden, about 30 minutes.
- Remove foil and beans.
- Bake crust until golden brown, about 10 minutes.
- Place pan with crust on rimmed baking sheet.
- Meanwhile, using electric mixer, beat eggs and sugar in medium bowl. Beat in corn syrup.
- Add butter, bourbon, vanilla, and salt; beat until blended. Stir in pecans.
- Pour pecan filling into hot crust.
- Bake until center of filling is set, about 25 minutes. Cool tart on rack 1 hour; remove pan sides.
- Serve slightly warm or at room temperature. DO AHEAD: Can be made 8 hours ahead. Rewarm slightly before serving, if desired.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:17.94, Inflammation Score:-2, Nutrition Score:6.672173878421%

Flavonoids

Cyanidin: 2.13mg, Cyanidin: 2.13mg, Cyanidin: 2.13mg, Cyanidin: 2.13mg Delphinidin: 1.44mg, Delphinidin: 1.44mg, Delphinidin: 1.44mg, Delphinidin: 1.44mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg

Nutrients (% of daily need)

Calories: 311.41kcal (15.57%), Fat: 19.09g (29.37%), Saturated Fat: 3.85g (24.07%), Carbohydrates: 33.55g (11.18%), Net Carbohydrates: 31.65g (11.51%), Sugar: 31.41g (34.9%), Cholesterol: 64.83mg (21.61%), Sodium: 122.69mg (5.33%), Alcohol: 1.14g (100%), Alcohol %: 1.83% (100%), Protein: 3.75g (7.51%), Manganese: 0.93mg (46.48%), Copper: 0.27mg (13.44%), Vitamin B1: 0.14mg (9.33%), Selenium: 6.27µg (8.96%), Phosphorus: 88.95mg (8.9%), Fiber: 1.9g (7.6%), Zinc: 1.11mg (7.4%), Magnesium: 28.93mg (7.23%), Vitamin B2: 0.1mg (5.8%), Iron: 0.94mg (5.22%), Vitamin B5: 0.43mg (4.26%), Vitamin A: 197.05IU (3.94%), Vitamin B6: 0.07mg (3.71%), Calcium: 37.08mg (3.71%), Potassium: 129.43mg (3.7%), Vitamin E: 0.53mg (3.55%), Folate: 11.64µg (2.91%), Vitamin D: 0.36µg (2.42%), Vitamin B12: 0.14µg (2.34%), Vitamin B3: 0.26mg (1.32%)