



## Browned Butter Pecan Pie

READY IN



45 min.

SERVINGS



8

CALORIES



573 kcal

DESSERT

### Ingredients

- ☐ 1 cup plus dark light (or use)
- ☐ 3 large eggs
- ☐ 1.5 cups pecan halves
- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar
- ☐ 1 unbaked pie shell – use or refrigerated homemade
- ☐ 4 oz butter unsalted (regular or )
- ☐ 1 teaspoon vanilla extract

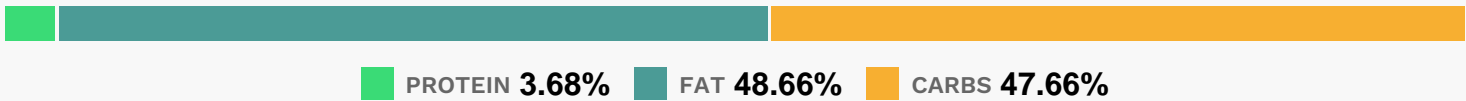
# Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl

# Directions

- ☐ Lay 1 cup of the pecan halves on a cookie sheet and bake at 400 for about 5–8 minutes or until shiny and aromatic.
- ☐ Let cool, then chop so that you have 1 cup chopped toasted pecans and about a half cup of pecan halves (these will be the border).Melt the butter in saucepan set over medium heat and cook it just until it starts to brown.
- ☐ Remove from heat and let it cool for about 10 minutes.
- ☐ Whisk the eggs lightly in a large mixing bowl.
- ☐ Whisk in the sugar, corn syrup, vanilla and salt.
- ☐ Pour in the browned butter.
- ☐ Put the chopped pecans in the unbaked pie shell and pour the filling over the top. Use the remaining pecan halves to make a border.
- ☐ Bake at 400 for 10 minutes, then reduce heat to 325 degrees F. and bake for another 35–45 minutes\*\* or until the sides are set but the center (about a 3 inch circle in the middle) is still jiggly.
- ☐ Remove from oven. Pie will set as it cools.
- ☐ Let it cool at room temperature for a few hours. Store in refrigerator until ready to serve. You can keep it at room temperature, but it won't be as stiff.

# Nutrition Facts



# Properties

Glycemic Index:21.26, Glycemic Load:47.3, Inflammation Score:-4, Nutrition Score:8.6130434948465%

Flavonoids

Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg Delphinidin: 1.35mg, Delphinidin: 1.35mg, Delphinidin: 1.35mg, Delphinidin: 1.35mg Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg

Nutrients (% of daily need)

Calories: 573.42kcal (28.67%), Fat: 32.27g (49.64%), Saturated Fat: 10.75g (67.18%), Carbohydrates: 71.09g (23.7%), Net Carbohydrates: 68.78g (25.01%), Sugar: 58.9g (65.45%), Cholesterol: 100.23mg (33.41%), Sodium: 254.13mg (11.05%), Alcohol: 0.17g (100%), Alcohol %: 0.15% (100%), Protein: 5.49g (10.99%), Manganese: 0.98mg (49%), Copper: 0.28mg (13.96%), Selenium: 9.2µg (13.14%), Vitamin B1: 0.19mg (12.93%), Phosphorus: 111.96mg (11.2%), Vitamin B2: 0.16mg (9.4%), Vitamin A: 466.08IU (9.32%), Fiber: 2.31g (9.25%), Iron: 1.52mg (8.47%), Zinc: 1.21mg (8.08%), Magnesium: 31.65mg (7.91%), Folate: 28.2µg (7.05%), Vitamin E: 0.88mg (5.89%), Vitamin B5: 0.56mg (5.59%), Vitamin B6: 0.09mg (4.29%), Potassium: 146.01mg (4.17%), Vitamin B3: 0.82mg (4.11%), Vitamin D: 0.59µg (3.92%), Calcium: 38.96mg (3.9%), Vitamin B12: 0.19µg (3.18%), Vitamin K: 3.25µg (3.09%)