



Butter Pecan Toffee Pumpkin Pie



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



122 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 1 cup pecan halves
- ☐ 10 servings perfect pumpkin pie
- ☐ 0.3 cup toffee bars chopped (such as Skor or Heath)
- ☐ 1 tablespoon butter unsalted
- ☐ 2 teaspoons water

Equipment

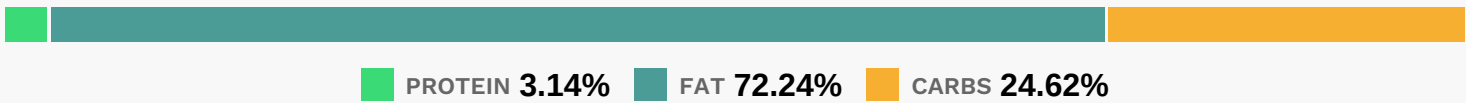
- ☐ frying pan

- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Melt butter in large nonstick skillet over medium-high heat.
- ☐ Add pecan halves, brown sugar, and water; stir until sugar forms glossy coating over pecans, about 4 minutes.
- ☐ Transfer to sheet of foil; cool. Chop 1/3 cup pecans and combine with 1/4 cup toffee bits or chopped toffee bars.
- ☐ Sprinkle over baked crust.
- ☐ Pour in Perfect Pumpkin Pie filling; bake and cool as directed. DO AHEAD Can be made 1 day ahead. Cover; chill.
- ☐ Sprinkle 1/4 cup toffee bits or chopped toffee bars around edge of pie.
- ☐ Garnish with remaining pecans.

Nutrition Facts



Properties

Glycemic Index:6.1, Glycemic Load:1.99, Inflammation Score:-2, Nutrition Score:2.7078260669242%

Flavonoids

Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg

Nutrients (% of daily need)

Calories: 121.73kcal (6.09%), Fat: 10.2g (15.7%), Saturated Fat: 2.55g (15.92%), Carbohydrates: 7.82g (2.61%), Net Carbohydrates: 6.79g (2.47%), Sugar: 6.48g (7.2%), Cholesterol: 9.16mg (3.05%), Sodium: 10.94mg (0.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1g (1.99%), Manganese: 0.45mg (22.56%), Copper: 0.12mg (6.06%), Vitamin B1: 0.07mg (4.4%), Fiber: 1.03g (4.13%), Vitamin A: 191.65IU (3.83%), Magnesium: 12.63mg (3.16%), Zinc: 0.46mg (3.07%), Phosphorus: 30.2mg (3.02%), Iron: 0.28mg (1.56%), Vitamin E: 0.23mg (1.51%), Potassium:

48.51mg (1.39%), Vitamin B6: 0.02mg (1.2%), Calcium: 11.67mg (1.17%), Vitamin B2: 0.02mg (1.09%), Vitamin B5: 0.11mg (1.09%)