



WHATSheATE



## Cakespy: Pecan Nesselrode Pie

READY IN



240 min.

SERVINGS



8

CALORIES



1031 kcal

DESSERT

### Ingredients

- ☐ 1 tablespoon bourbon
- ☐ 1 tablespoon cornstarch
- ☐ 8 servings graham cracker crust for a 9-inch single crust pie (butter or graham cracker crust will work)
- ☐ 2 cups cup heavy whipping cream
- ☐ 0.5 cup honey
- ☐ 1 pieces milk chocolate shavings dark toasted for garnish
- ☐ 8 ounces pecans coarsely chopped
- ☐ 15 ounces pecans pureed canned

- ☐ 1 pinch salt
- ☐ 0.3 cup sugar
- ☐ 6 cups vanilla pudding

## Equipment

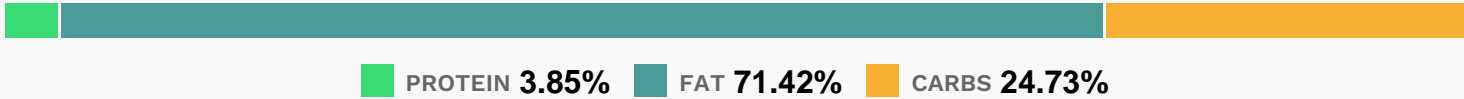
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ double boiler
- ☐ spatula

## Directions

- ☐ Preheat the oven to 300°F.
- ☐ In a medium bowl, mix together the coarsely cut pecan pieces, 1/4 cup of your honey (save the rest for later), Bourbon (if using), salt, and nutmeg until combined. Roast the mixture on a parchment-lined baking sheet for 30 minutes--about halfway through the baking, use a spatula to flip the pieces so they don't scorch. The nuts should be dry and crunchy but don't let them get blackened.
- ☐ Remove from the oven and set to the side.
- ☐ Prepare an ice water bath in a bowl large enough to surround the top half of the double boiler with ice. Use lots of ice cubes and about 1 quart of water.
- ☐ In a heavy enamel or steel pan, whisk together the pecan puree, cream, the rest of the honey, and cornstarch. Cook over medium-low heat, stirring constantly, until thickened and creamy. Stir in 1 cup of the roasted pecans.
- ☐ Remove from heat, and let the pot chill out in the prepared ice bath until the mixture is very cold to the touch.
- ☐ Very gently (stirring as little as needed), fold in the vanilla pudding.
- ☐ Sprinkle the remaining roasted pecans in the bottom of the crust.

- ☐ Layer it with the pecan cream, smoothing it with a spatula, and then top it with whipped cream and chocolate shavings or pecan pieces--choose your own adventure.
- ☐ Refrigerate for at least 4 hours before serving. Store loosely covered in the refrigerator for up to 4 days.

## Nutrition Facts



### Properties

Glycemic Index:19.67, Glycemic Load:13.82, Inflammation Score:-7, Nutrition Score:19.942174030387%

### Flavonoids

Cyanidin: 8.75mg, Cyanidin: 8.75mg, Cyanidin: 8.75mg, Cyanidin: 8.75mg Delphinidin: 5.93mg, Delphinidin: 5.93mg, Delphinidin: 5.93mg, Delphinidin: 5.93mg Catechin: 5.9mg, Catechin: 5.9mg, Catechin: 5.9mg, Catechin: 5.9mg Epigallocatechin: 4.59mg, Epigallocatechin: 4.59mg, Epigallocatechin: 4.59mg, Epigallocatechin: 4.59mg Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg Epigallocatechin 3-gallate: 1.87mg, Epigallocatechin 3-gallate: 1.87mg, Epigallocatechin 3-gallate: 1.87mg, Epigallocatechin 3-gallate: 1.87mg

### Nutrients (% of daily need)

Calories: 1030.58kcal (51.53%), Fat: 85.51g (131.55%), Saturated Fat: 19.81g (123.84%), Carbohydrates: 66.61g (22.2%), Net Carbohydrates: 58.23g (21.17%), Sugar: 45.54g (50.6%), Cholesterol: 67.24mg (22.41%), Sodium: 225.63mg (9.81%), Alcohol: 0.63g (100%), Alcohol %: 0.38% (100%), Protein: 10.36g (20.72%), Manganese: 3.96mg (197.98%), Copper: 1.05mg (52.27%), Vitamin B1: 0.59mg (39.24%), Fiber: 8.38g (33.54%), Phosphorus: 286.56mg (28.66%), Zinc: 4.15mg (27.68%), Magnesium: 108.29mg (27.07%), Vitamin A: 920.57IU (18.41%), Vitamin B2: 0.27mg (16.12%), Iron: 2.79mg (15.48%), Vitamin E: 2.08mg (13.85%), Potassium: 429.64mg (12.28%), Vitamin B6: 0.21mg (10.65%), Calcium: 104.67mg (10.47%), Vitamin B5: 0.91mg (9.07%), Vitamin K: 9.34µg (8.9%), Folate: 34.38µg (8.6%), Vitamin B3: 1.7mg (8.47%), Selenium: 5.82µg (8.32%), Vitamin D: 0.95µg (6.35%), Vitamin C: 1.36mg (1.65%), Vitamin B12: 0.1µg (1.59%)