



## Cane Syrup Pecan Pie

READY IN



50 min.

SERVINGS



6

CALORIES



695 kcal

DESSERT

### Ingredients

- ☐ 1 cup brown sugar
- ☐ 0.3 cup butter
- ☐ 1 cup evaporated cane juice pure
- ☐ 3 eggs beaten
- ☐ 1 cup pecans
- ☐ 0.5 cup pecans chopped
- ☐ 1 pie crust dough
- ☐ 2.5 tablespoons bourbon
- ☐ 0.5 teaspoon salt

☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat the oven to 450°F.
- ☐ Bake the pie shell for 5 minutes. Set aside. Decrease the oven temperature to 375°F.
- ☐ In a saucepan over low heat, melt the butter, salt, cane syrup, and brown sugar, stirring together until smooth, about 5 minutes.
- ☐ Transfer to a mixer bowl and allow to cool thoroughly (so the eggs don't cook in the next step).
- ☐ Add the eggs, vanilla, and rum and beat for 10 minutes at medium-high until fluffy smooth.
- ☐ Add the chopped pecans and pulse a few times until well mixed.
- ☐ Pour the filling into the pie shell and arrange the pecan halves over the top.
- ☐ Bake for 50 minutes. Cool on a pie rack until well set before slicing.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ From The Texas Cowboy Cookbook by Robb Walsh Copyright (c) 2007 by Robb Walsh  
Published by Broadway Books.Robb Walsh, “the Indiana Jones of food writers” (Liane Hanson, NPR), is the restaurant critic for the Houston Press, and occasional commentator for NPR's Weekend Edition, the former food columnist for Natural History magazine, and former editor in chief of Chile Pepper magazine. He is the author of Legends of Texas Barbecue Cookbook and The Tex Mex Cookbook: A History in Recipes and Photos, and the co-author of several other cooking and travel books. He lives in Houston, Texas.

Nutrition Facts



 **PROTEIN 3.9%**  **FAT 47.74%**  **CARBS 48.36%**

Properties

Glycemic Index:14.17, Glycemic Load:0.11, Inflammation Score:-4, Nutrition Score:10.990434774886%

Flavonoids

Cyanidin: 2.75mg, Cyanidin: 2.75mg, Cyanidin: 2.75mg, Cyanidin: 2.75mg Delphinidin: 1.86mg, Delphinidin: 1.86mg, Delphinidin: 1.86mg, Delphinidin: 1.86mg Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg Epigallocatechin: 1.44mg, Epigallocatechin: 1.44mg, Epigallocatechin: 1.44mg, Epigallocatechin: 1.44mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epigallocatechin 3-gallate: 0.59mg, Epigallocatechin 3-gallate: 0.59mg, Epigallocatechin 3-gallate: 0.59mg, Epigallocatechin 3-gallate: 0.59mg

Nutrients (% of daily need)

Calories: 694.84kcal (34.74%), Fat: 38.13g (58.66%), Saturated Fat: 11.06g (69.15%), Carbohydrates: 86.89g (28.96%), Net Carbohydrates: 83.72g (30.44%), Sugar: 70.09g (77.88%), Cholesterol: 108.95mg (36.32%), Sodium: 432.39mg (18.8%), Alcohol: 2.32g (100%), Alcohol %: 1.77% (100%), Protein: 7.01g (14.03%), Manganese: 1.31mg (65.46%), Copper: 0.36mg (18.16%), Vitamin B1: 0.26mg (17.11%), Selenium: 9.91µg (14.15%), Phosphorus: 139.61mg (13.96%), Fiber: 3.16g (12.66%), Iron: 2.04mg (11.32%), Vitamin B2: 0.19mg (11.01%), Zinc: 1.6mg (10.64%), Magnesium: 41.48mg (10.37%), Folate: 36.55µg (9.14%), Vitamin A: 448.56IU (8.97%), Vitamin B5: 0.74mg (7.35%), Calcium: 69.26mg (6.93%), Vitamin E: 1.01mg (6.75%), Potassium: 226.68mg (6.48%), Vitamin B6: 0.12mg (6.05%), Vitamin B3: 1.13mg (5.65%), Vitamin K: 3.91µg (3.73%), Vitamin B12: 0.22µg (3.62%), Vitamin D: 0.44µg (2.93%)