



WHATSheATE



Caramel Pecan Pie

♥♥ Popular

READY IN



80 min.

SERVINGS



8

CALORIES



524 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter
- ☐ 36 individually wrapped caramels
- ☐ 3 eggs
- ☐ 0.3 cup milk
- ☐ 1 cup pecan halves
- ☐ 0.3 teaspoon salt
- ☐ 19-inch unbaked pie crust ()
- ☐ 0.5 teaspoon vanilla extract

☐ 0.8 cup sugar white

Equipment

☐ bowl

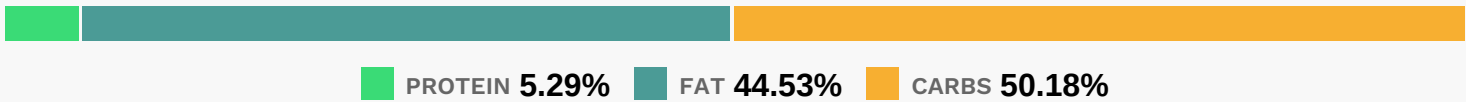
☐ sauce pan

☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C.) In a saucepan over low heat, combine caramels, butter and milk. Cook, stirring frequently, until smooth.
- ☐ Remove from heat and set aside.
- ☐ In a large bowl, combine sugar, eggs, vanilla and salt. Gradually mix in the melted caramel mixture. Stir in pecans.
- ☐ Pour filling into unbaked pie crust.
- ☐ Bake in the preheated oven for 45 to 50 minutes, or until pastry is golden brown. Allow to cool until filling is firm.

Nutrition Facts



Properties

Glycemic Index:29.14, Glycemic Load:35.8, Inflammation Score:-3, Nutrition Score:8.3717390195183%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg

Nutrients (% of daily need)

Calories: 523.6kcal (26.18%), Fat: 26.7g (41.08%), Saturated Fat: 8.23g (51.41%), Carbohydrates: 67.71g (22.57%), Net Carbohydrates: 65.9g (23.96%), Sugar: 49.14g (54.6%), Cholesterol: 80.7mg (26.9%), Sodium: 357.32mg (15.54%), Alcohol: 0.09g (100%), Alcohol %: 0.08% (100%), Protein: 7.13g (14.27%), Manganese: 0.68mg (33.94%),

Vitamin B2: 0.27mg (15.64%), Phosphorus: 145.67mg (14.57%), Vitamin B1: 0.21mg (13.87%), Selenium: 8.1µg (11.57%), Calcium: 96.09mg (9.61%), Copper: 0.19mg (9.44%), Vitamin B5: 0.78mg (7.76%), Folate: 29.99µg (7.5%), Zinc: 1.12mg (7.49%), Iron: 1.33mg (7.37%), Magnesium: 29.44mg (7.36%), Fiber: 1.81g (7.25%), Vitamin A: 304.81IU (6.1%), Potassium: 207.96mg (5.94%), Vitamin B12: 0.34µg (5.58%), Vitamin E: 0.84mg (5.58%), Vitamin B6: 0.1mg (4.83%), Vitamin B3: 0.91mg (4.55%), Vitamin K: 3.64µg (3.46%), Vitamin D: 0.41µg (2.76%)