



Caramel-Pecan Pie

READY IN



27 min.

SERVINGS



8

CALORIES



612 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter
- ☐ 28 caramels
- ☐ 2 large eggs
- ☐ 1 cup pecans toasted coarsely chopped
- ☐ 15 ounce piecrusts refrigerated
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.3 cup water

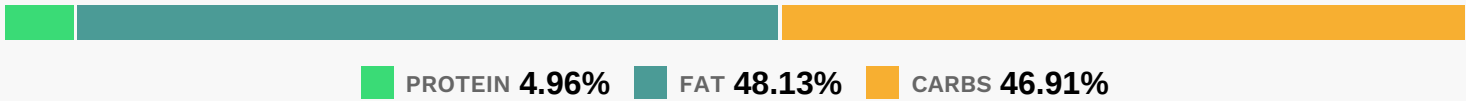
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ aluminum foil

Directions

- ☐ Fit piecrust into a 9-inch pie plate according to package directions; fold edges under, and crimp. Prick bottom and sides of piecrust with a fork.
- ☐ Bake piecrust at 400 for 6 to 8 minutes or until lightly browned; cool on wire rack.
- ☐ Combine caramels, butter, and 1/4 cup water in large saucepan over medium heat. Cook, stirring constantly, 5 to 7 minutes or until caramels and butter are melted; remove from heat.
- ☐ Stir together sugar and next 3 ingredients. Stir into caramel mixture until thoroughly combined. Stir in pecans.
- ☐ Pour into prepared crust.
- ☐ Bake pie at 400 for 10 minutes. Reduce heat to 350, and bake 20 more minutes, shielding edges of crust with aluminum foil to prevent excessive browning.
- ☐ Remove pie to a wire rack to cool. Top with Chocolate-Dipped Pecans, if desired.

Nutrition Facts



Properties

Glycemic Index:24.39, Glycemic Load:30.67, Inflammation Score:-3, Nutrition Score:9.5534781774749%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg

Nutrients (% of daily need)

Calories: 612.41kcal (30.62%), Fat: 33.5g (51.55%), Saturated Fat: 10.08g (63.03%), Carbohydrates: 73.49g (24.5%), Net Carbohydrates: 70.85g (25.76%), Sugar: 42.26g (46.96%), Cholesterol: 64.2mg (21.4%), Sodium: 439.77mg (19.12%), Alcohol: 0.09g (100%), Alcohol %: 0.07% (100%), Protein: 7.77g (15.54%), Manganese: 0.86mg (42.85%), Vitamin B1: 0.28mg (18.5%), Vitamin B2: 0.26mg (15.35%), Phosphorus: 142.38mg (14.24%), Folate: 47.69µg (11.92%), Selenium: 8.2µg (11.71%), Iron: 2.01mg (11.15%), Copper: 0.22mg (11.07%), Fiber: 2.64g (10.55%), Vitamin B3: 1.66mg (8.3%), Magnesium: 32.16mg (8.04%), Zinc: 1.18mg (7.87%), Calcium: 77.12mg (7.71%), Vitamin B5: 0.75mg (7.49%), Vitamin E: 0.89mg (5.95%), Potassium: 202.04mg (5.77%), Vitamin A: 267.63IU (5.35%), Vitamin K: 5.52µg (5.26%), Vitamin B6: 0.1mg (4.82%), Vitamin B12: 0.23µg (3.81%), Vitamin D: 0.25µg (1.67%)