



Caramel Walnut Pie

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



630 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon bourbon
- ☐ 0.8 cup corn syrup dark
- ☐ 4 eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 cup heavy whipping cream
- ☐ 3 tablespoons honey
- ☐ 3 Tbsp water
- ☐ 0.8 cup brown sugar light packed

- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon salt fine
- ☐ 4 tablespoons butter unsalted melted
- ☐ 5 tablespoons butter unsalted cold cut into small pieces
- ☐ 1.5 teaspoons vanilla extract
- ☐ 5.5 oz walnuts shelled coarsely chopped

Equipment

- ☐ food processor
- ☐ oven
- ☐ whisk
- ☐ hand mixer

Directions

- ☐ Make crust: Pulse flour, salt and butter in a food processor until mixture resembles coarse meal.
- ☐ Add water, 1 Tbsp. at a time; pulse just until soft and crumbly. Shape into a disk, wrap in plastic and refrigerate for at least 1 hour or overnight.
- ☐ Roll dough into an 11-inch circle. Fit into a 9-inch pie plate. Crimp edge. Refrigerate.
- ☐ Make filling: Preheat oven to 375F.
- ☐ Whisk together eggs and brown sugar.
- ☐ Add corn syrup, butter, bourbon, vanilla and salt; whisk until smooth. Stir in walnuts; pour into pie shell.
- ☐ Bake until filling is puffed and crust is lightly browned, 35 to 40 minutes. Cool. (Pie can be made one day ahead and kept refrigerated. Bring to room temperature before serving.)
- ☐ Make whipped cream: Whip cream and honey with an electric mixer on medium-high until stiff peaks begin to form.

Nutrition Facts



 PROTEIN **5.17%**  FAT **53.38%**  CARBS **41.45%**

Properties

Glycemic Index:31.53, Glycemic Load:34.61, Inflammation Score:-6, Nutrition Score:11.148260969183%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg

Nutrients (% of daily need)

Calories: 630.12kcal (31.51%), Fat: 38.47g (59.18%), Saturated Fat: 16.84g (105.25%), Carbohydrates: 67.23g (22.41%), Net Carbohydrates: 65.48g (23.81%), Sugar: 52.88g (58.76%), Cholesterol: 149.32mg (49.77%), Sodium: 243.06mg (10.57%), Alcohol: 0.88g (100%), Alcohol %: 0.65% (100%), Protein: 8.38g (16.75%), Manganese: 0.83mg (41.65%), Selenium: 15.29µg (21.85%), Copper: 0.39mg (19.27%), Vitamin A: 953.62IU (19.07%), Vitamin B2: 0.27mg (16.17%), Phosphorus: 153.68mg (15.37%), Folate: 60.06µg (15.02%), Vitamin B1: 0.21mg (13.89%), Iron: 2.01mg (11.17%), Magnesium: 43.99mg (11%), Vitamin B6: 0.17mg (8.66%), Calcium: 80.87mg (8.09%), Vitamin D: 1.15µg (7.68%), Zinc: 1.12mg (7.47%), Fiber: 1.74g (6.97%), Vitamin E: 1.02mg (6.77%), Vitamin B5: 0.65mg (6.5%), Vitamin B3: 1.23mg (6.12%), Potassium: 211.84mg (6.05%), Vitamin B12: 0.27µg (4.5%), Vitamin K: 2.69µg (2.57%)