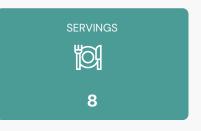


Caramel Walnut Pie

Vegetarian







DESSERT

Ingredients

Ш	1 tablespoon bourbon
	0.8 cup plus dark
	4 eggs
	1 cup flour all-purpose
	1 cup heavy cream
	3 tablespoons honey
	3 Tbsp ice water

0.8 cup brown sugar light packed

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Ш	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
Εq	uipment
	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

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%)