



Cathy's Pecan Pie

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



356 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter
- ☐ 1 cup plus
- ☐ 4 eggs
- ☐ 2 tablespoons milk powder dry
- ☐ 1.5 cups pecans chopped
- ☐ 4 gram granulated artificial sweetener
- ☐ 1 tablespoon wheat germ

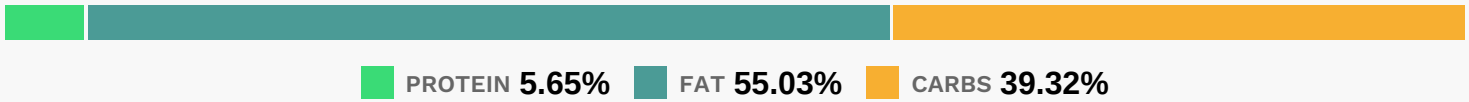
Equipment

- ☐ sauce pan
- ☐ oven

Directions

- ☐ Mix syrup, sugar substitute and butter in saucepan; bring to rolling boil 3–4 minutes. Beat whole eggs until thick.
- ☐ Fold in wheat germ and powdered milk.
- ☐ Pour hot syrup into egg mixture.
- ☐ Spread pecans in unbaked pie shell.
- ☐ Pour syrup mixture over pecans.
- ☐ Bake 25–30 minutes at 400 degrees F (205 degrees C).

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:6.63, Inflammation Score:-3, Nutrition Score:8.2517392259577%

Flavonoids

Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg Delphinidin: 1.49mg, Delphinidin: 1.49mg, Delphinidin: 1.49mg, Delphinidin: 1.49mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epigallocatechin 3–gallate: 0.47mg, Epigallocatechin 3–gallate: 0.47mg, Epigallocatechin 3–gallate: 0.47mg, Epigallocatechin 3–gallate: 0.47mg

Nutrients (% of daily need)

Calories: 355.95kcal (17.8%), Fat: 23.21g (35.71%), Saturated Fat: 5.92g (37.01%), Carbohydrates: 37.32g (12.44%), Net Carbohydrates: 34.89g (12.69%), Sugar: 34.48g (38.31%), Cholesterol: 98.91mg (32.97%), Sodium: 110.32mg (4.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.36g (10.72%), Manganese: 1.02mg (50.9%), Copper: 0.27mg (13.4%), Vitamin B1: 0.19mg (12.5%), Selenium: 8.75µg (12.5%), Phosphorus: 122.21mg (12.22%), Zinc: 1.55mg (10.34%), Vitamin B2: 0.16mg (9.14%), Fiber: 2.05g (8.21%), Magnesium: 31.17mg (7.79%), Vitamin A: 325.03IU (6.5%), Vitamin B5: 0.58mg (5.8%), Iron: 0.96mg (5.31%), Calcium: 51.24mg (5.12%), Vitamin B6: 0.1mg (4.76%), Vitamin E: 0.69mg (4.62%), Vitamin B12: 0.27µg (4.48%), Folate: 17.67µg (4.42%), Vitamin D: 0.64µg (4.25%), Potassium: 147.35mg (4.21%), Vitamin B3: 0.32mg (1.59%), Vitamin K: 1.32µg (1.26%)