



Classic Pecan Pie

READY IN



195 min.

SERVINGS



8

CALORIES



527 kcal

DESSERT

Ingredients

- 2 tablespoons butter melted
- 1 cup plus light karo®
- 19-inch deep dish pie crust ()
- 3 eggs
- 1.5 cups pecans
- 1 cup sugar
- 1 teaspoon vanilla extract pure spice islands®

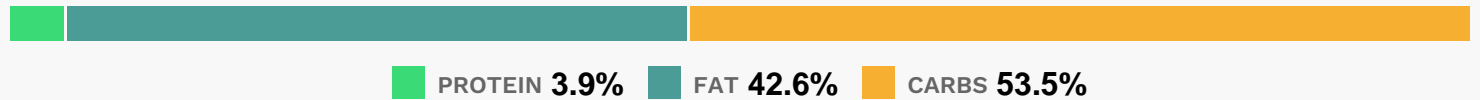
Equipment

oven

Directions

- Mix corn syrup, eggs, sugar, butter and vanilla using a spoon. Stir in pecans.
- Pour into pie crust.
- Bake at 350 degrees F on center rack of oven for 60 to 70 minutes.
- Cool for 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:18.64, Glycemic Load:23.75, Inflammation Score:-2, Nutrition Score:8.1752174729886%

Flavonoids

Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg Delphinidin: 1.35mg, Delphinidin: 1.35mg, Delphinidin: 1.35mg, Delphinidin: 1.35mg Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg

Nutrients (% of daily need)

Calories: 527.49kcal (26.37%), Fat: 26.06g (40.09%), Saturated Fat: 5.76g (35.99%), Carbohydrates: 73.62g (24.54%), Net Carbohydrates: 71.44g (25.98%), Sugar: 58.55g (65.05%), Cholesterol: 68.9mg (22.97%), Sodium: 172.38mg (7.49%), Alcohol: 0.17g (100%), Alcohol %: 0.16% (100%), Protein: 5.37g (10.74%), Manganese: 0.98mg (48.83%), Vitamin B1: 0.22mg (14.57%), Copper: 0.26mg (12.95%), Selenium: 7.53µg (10.75%), Phosphorus: 104.17mg (10.42%), Zinc: 1.38mg (9.18%), Fiber: 2.18g (8.71%), Vitamin B2: 0.15mg (8.61%), Folate: 33.7µg (8.42%), Iron: 1.41mg (7.84%), Magnesium: 29.23mg (7.31%), Vitamin E: 0.86mg (5.76%), Vitamin B5: 0.52mg (5.19%), Vitamin K: 5.18µg (4.93%), Vitamin B3: 0.94mg (4.7%), Vitamin B6: 0.08mg (4.03%), Vitamin A: 186.96IU (3.74%), Potassium: 127.09mg (3.63%), Calcium: 34.57mg (3.46%), Vitamin B12: 0.15µg (2.55%), Vitamin D: 0.33µg (2.2%)