



Death by Pecan



Vegetarian



Gluten Free

READY IN



69 min.

SERVINGS



8

CALORIES



446 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 1 cup plus
- ☐ 3 large eggs lightly beaten
- ☐ 1 cup pecan halves
- ☐ 8 servings death by pecan pastry
- ☐ 1 cup pecans
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup sugar

☐ 1.3 teaspoons vanilla extract

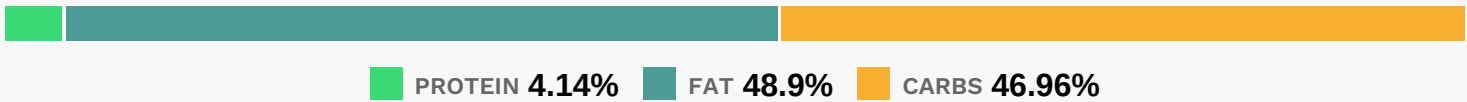
Equipment

- ☐ bowl
- ☐ oven
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Prepare Death by Pecan Pastry.
- ☐ Combine corn syrup and next 6 ingredients in a large bowl. Beat at medium speed with an electric mixer just until blended. Stir in pecan pieces.
- ☐ Pour into prepared Death by Pecan Pastry.
- ☐ Arrange pecan halves on filling mixture.
- ☐ Bake at 325 for 1 hour or just until set, shielding edges of pie with aluminum foil, if necessary. If desired, serve warm with whipped cream or ice cream.

Nutrition Facts



Properties

Glycemic Index:21.14, Glycemic Load:19.43, Inflammation Score:-3, Nutrition Score:8.5530434691388%

Flavonoids

Cyanidin: 2.9mg, Cyanidin: 2.9mg, Cyanidin: 2.9mg, Cyanidin: 2.9mg Delphinidin: 1.97mg, Delphinidin: 1.97mg, Delphinidin: 1.97mg, Delphinidin: 1.97mg Catechin: 1.95mg, Catechin: 1.95mg, Catechin: 1.95mg, Catechin: 1.95mg Epigallocatechin: 1.52mg, Epigallocatechin: 1.52mg, Epigallocatechin: 1.52mg, Epigallocatechin: 1.52mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epigallocatechin 3-gallate: 0.62mg, Epigallocatechin 3-gallate: 0.62mg, Epigallocatechin 3-gallate: 0.62mg, Epigallocatechin 3-gallate: 0.62mg

Nutrients (% of daily need)

Calories: 445.64kcal (22.28%), Fat: 25.63g (39.43%), Saturated Fat: 4.95g (30.96%), Carbohydrates: 55.38g (18.46%), Net Carbohydrates: 52.79g (19.2%), Sugar: 52.67g (58.52%), Cholesterol: 81.04mg (27.01%), Sodium: 159.73mg (6.94%), Alcohol: 0.22g (100%), Alcohol %: 0.24% (100%), Protein: 4.88g (9.77%), Manganese: 1.22mg

(61.13%), Copper: 0.34mg (16.97%), Vitamin B1: 0.21mg (14.08%), Phosphorus: 113.21mg (11.32%), Zinc: 1.66mg (11.07%), Fiber: 2.59g (10.37%), Selenium: 7.25µg (10.35%), Magnesium: 35.53mg (8.88%), Vitamin B2: 0.13mg (7.45%), Iron: 1.02mg (5.68%), Vitamin B5: 0.53mg (5.26%), Vitamin A: 247.57IU (4.95%), Vitamin E: 0.7mg (4.64%), Vitamin B6: 0.09mg (4.44%), Potassium: 139.58mg (3.99%), Folate: 14.91µg (3.73%), Calcium: 36.5mg (3.65%), Vitamin B12: 0.18µg (2.93%), Vitamin D: 0.38µg (2.5%), Vitamin B3: 0.33mg (1.67%), Vitamin K: 1.37µg (1.3%)