



WHATSheATE



Decadent Pecan Pie



Dairy Free

READY IN



235 min.

SERVINGS



8

CALORIES



494 kcal

DESSERT

Ingredients



1 cup flour all-purpose



0.5 teaspoon salt



0.3 cup shortening



2 tablespoons water cold



0.7 cup sugar



0.3 cup butter melted



1 cup plus



0.5 teaspoon salt

- ☐ 3 eggs
- ☐ 1 cup pecans

Equipment

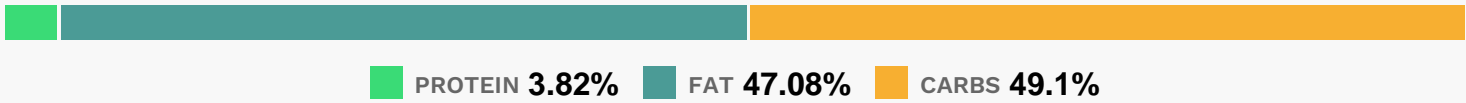
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ rolling pin

Directions

- ☐ In medium bowl, mix flour and salt.
- ☐ Cut in shortening, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until particles are size of small peas.
- ☐ Sprinkle with cold water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost leaves side of bowl (1 to 2 teaspoons more water can be added if necessary).
- ☐ Gather pastry into a ball. Shape into flattened round on lightly floured surface. Wrap in plastic wrap; refrigerate about 45 minutes or until dough is firm and cold, yet pliable. This allows the shortening to become slightly firm, which helps make the baked pastry more flaky. If refrigerated longer, let pastry soften slightly before rolling.
- ☐ Heat oven to 375°F. With floured rolling pin, roll pastry into round 2 inches larger than upside-down 9-inch glass pie plate. Fold pastry into fourths; place in pie plate. Unfold and ease into plate, pressing firmly against bottom and side. Trim overhanging edge of pastry 1 inch from rim of pie plate. Fold and roll pastry under, even with plate; press with times of fork or flute if desired.
- ☐ In another medium bowl, beat all filling ingredients except pecans with wire whisk or hand beater until well blended. Stir in pecans.
- ☐ Pour into pastry-lined pie plate.
- ☐ Cover edge of pastry with 2- to 3-inch-wide strip of foil to prevent excessive browning.

Bake 40 to 50 minutes or until center is set, removing foil for last 15 minutes of baking.
Refrigerate at least 2 hours until chilled before serving. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:21.76, Glycemic Load:26.53, Inflammation Score:-4, Nutrition Score:7.6143478595692%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg

Nutrients (% of daily need)

Calories: 494.29kcal (24.71%), Fat: 26.93g (41.43%), Saturated Fat: 5.02g (31.38%), Carbohydrates: 63.18g (21.06%), Net Carbohydrates: 61.57g (22.39%), Sugar: 49.96g (55.52%), Cholesterol: 61.38mg (20.46%), Sodium: 430.74mg (18.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.91g (9.83%), Manganese: 0.67mg (33.47%), Selenium: 11.23µg (16.05%), Vitamin B1: 0.24mg (15.92%), Vitamin B2: 0.18mg (10.31%), Folate: 39.17µg (9.79%), Copper: 0.18mg (9.24%), Vitamin A: 434.35IU (8.69%), Phosphorus: 86mg (8.6%), Vitamin E: 1.17mg (7.82%), Iron: 1.34mg (7.46%), Zinc: 1.07mg (7.15%), Fiber: 1.61g (6.44%), Vitamin B3: 1.08mg (5.41%), Magnesium: 21.15mg (5.29%), Vitamin B5: 0.49mg (4.94%), Vitamin K: 5.07µg (4.83%), Vitamin B6: 0.06mg (3.09%), Calcium: 29.17mg (2.92%), Potassium: 95.02mg (2.71%), Vitamin B12: 0.16µg (2.61%), Vitamin D: 0.33µg (2.2%)