



Decadent Pecan Pie (lighter)

 Dairy Free

READY IN



115 min.

SERVINGS



8

CALORIES



452 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

- ☐ 1 eggs
- ☐ 4 egg whites
- ☐ 1 teaspoon vanilla
- ☐ 0.5 cup rolled oats
- ☐ 0.5 cup pecans chopped

Equipment

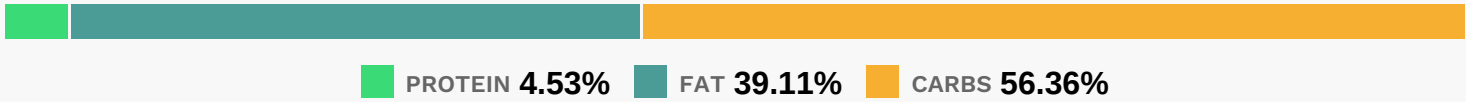
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ rolling pin

Directions

- ☐ In medium bowl, mix flour and 1/2 teaspoon 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 cleans 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; flute as desired.
- ☐ In medium bowl, beat sugar, margarine, corn syrup, 1/2 teaspoon salt, the egg and egg whites with wire whisk or hand beater until well blended. Stir in oats and pecans.

- ☐ Pour into pastry-lined pie plate.
- ☐ Bake 40 to 50 minutes or until center is set. Cool completely.

Nutrition Facts



Properties

Glycemic Index:26.76, Glycemic Load:27.68, Inflammation Score:-3, Nutrition Score:6.7399999104116%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg

Nutrients (% of daily need)

Calories: 451.57kcal (22.58%), Fat: 20.33g (31.27%), Saturated Fat: 3.99g (24.96%), Carbohydrates: 65.91g (21.97%), Net Carbohydrates: 64.33g (23.39%), Sugar: 49.92g (55.47%), Cholesterol: 20.46mg (6.82%), Sodium: 418.07mg (18.18%), Alcohol: 0.17g (100%), Alcohol %: 0.17% (100%), Protein: 5.3g (10.6%), Manganese: 0.6mg (30.14%), Selenium: 12.11µg (17.3%), Vitamin B1: 0.22mg (14.76%), Vitamin B2: 0.19mg (11.24%), Folate: 34.97µg (8.74%), Phosphorus: 71.32mg (7.13%), Iron: 1.24mg (6.88%), Copper: 0.13mg (6.69%), Fiber: 1.59g (6.35%), Vitamin E: 0.93mg (6.18%), Zinc: 0.87mg (5.79%), Vitamin A: 287.26IU (5.75%), Magnesium: 21.73mg (5.43%), Vitamin B3: 1.08mg (5.41%), Vitamin K: 4.95µg (4.71%), Vitamin B5: 0.36mg (3.61%), Potassium: 99.57mg (2.84%), Calcium: 22.15mg (2.21%), Vitamin B6: 0.04mg (1.86%), Vitamin B12: 0.07µg (1.16%)