



Golden Pecan Pie

 Dairy Free

READY IN



195 min.

SERVINGS



8

CALORIES



463 kcal

DESSERT

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 2 tablespoons butter melted
- ☐ 1.3 cups plus light
- ☐ 3 eggs
- ☐ 1.5 teaspoons flour all-purpose
- ☐ 1.5 cups pecan halves chopped
- ☐ 1 pie crust refrigerated softened pillsbury®
- ☐ 1.3 teaspoons vanilla

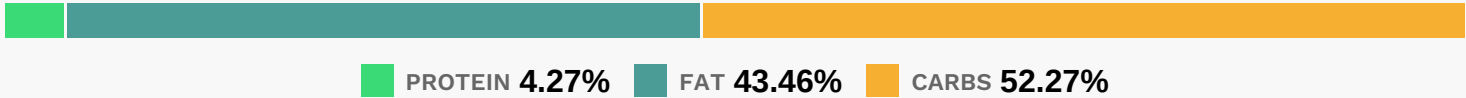
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pie form

Directions

- ☐ Heat oven to 375 degrees F.
- ☐ Place pie crust in 9-inch glass pie pan as directed on box for One-Crust Filled Pie.
- ☐ In large bowl, mix brown sugar, flour, corn syrup, vanilla and eggs until well blended. Stir in pecans and butter.
- ☐ Pour into crust-lined pan.
- ☐ Bake 40 to 50 minutes or until filling is puffed and pie is golden brown. Cool completely, about 2 hours. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:8.06, Inflammation Score:-3, Nutrition Score:7.9056521394978%

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: 462.92kcal (23.15%), Fat: 23.4g (36%), Saturated Fat: 3.98g (24.89%), Carbohydrates: 63.34g (21.11%), Net Carbohydrates: 61.02g (22.19%), Sugar: 50.69g (56.32%), Cholesterol: 61.38mg (20.46%), Sodium: 179.01mg (7.78%), Alcohol: 0.22g (100%), Alcohol %: 0.22% (100%), Protein: 5.17g (10.34%), Manganese: 0.94mg (47.19%),

Vitamin B1: 0.22mg (14.82%), Copper: 0.26mg (12.79%), Selenium: 7.59µg (10.85%), Phosphorus: 101mg (10.1%),
Fiber: 2.32g (9.29%), Zinc: 1.39mg (9.27%), Vitamin B2: 0.14mg (8.2%), Iron: 1.39mg (7.75%), Magnesium: 29.25mg
(7.31%), Folate: 27.53µg (6.88%), Vitamin B5: 0.52mg (5.16%), Vitamin A: 224.9IU (4.5%), Vitamin E: 0.64mg (4.26%),
Calcium: 41.98mg (4.2%), Vitamin B3: 0.84mg (4.19%), Vitamin B6: 0.08mg (4.1%), Potassium: 135.01mg (3.86%),
Vitamin B12: 0.15µg (2.51%), Vitamin D: 0.33µg (2.2%), Vitamin K: 2.25µg (2.14%)