



Honeyed Orzo-Pecan Pie

READY IN



15 min.

SERVINGS



10

CALORIES



450 kcal

DESSERT

Ingredients

- ☐ 0.5 cup firmly brown sugar light packed
- ☐ 0.5 cup dates chopped
- ☐ 2 large eggs
- ☐ 1 cup evaporated milk fat-free
- ☐ 0.5 cup honey
- ☐ 1 cup orzo pasta uncooked
- ☐ 0.5 cup pecans toasted chopped
- ☐ 15 ounce piecrusts refrigerated

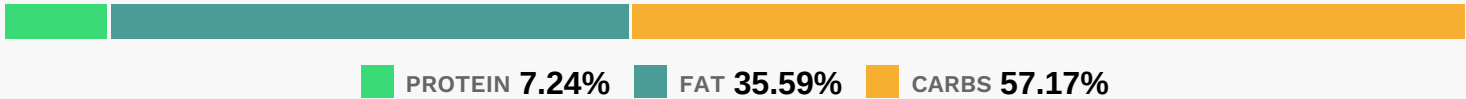
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Fit piecrust into a 9-inch pieplate according to package directions; fold edges under, and crimp.
- ☐ Cook orzo according to package directions; drain well.
- ☐ Whisk together eggs and next 3 ingredients in a medium bowl.
- ☐ Add in orzo, 1/2 cup chopped pecans, and dates, stirring well. Spoon orzo mixture into piecrust.
- ☐ Bake at 350 for 40 to 45 minutes or until set; cool on a wire rack.
- ☐ Serve warm with whipped cream and additional chopped pecans, if desired.

Nutrition Facts



Properties

Glycemic Index:15.63, Glycemic Load:14.37, Inflammation Score:-3, Nutrition Score:8.7469564339389%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 450.02kcal (22.5%), Fat: 18.12g (27.88%), Saturated Fat: 5.32g (33.25%), Carbohydrates: 65.51g (21.84%), Net Carbohydrates: 62.82g (22.84%), Sugar: 32.43g (36.03%), Cholesterol: 44.51mg (14.84%), Sodium: 219.64mg (9.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.3g (16.59%), Manganese: 0.61mg (30.75%), Selenium: 16.25µg (23.21%), Phosphorus: 150.7mg (15.07%), Vitamin B2: 0.22mg (13.24%), Vitamin B1: 0.19mg (12.41%), Fiber: 2.69g (10.75%), Folate: 42.23µg (10.56%), Iron: 1.89mg (10.48%), Calcium: 99.43mg (9.94%), Copper: 0.18mg (8.91%), Vitamin B3: 1.65mg (8.25%), Magnesium: 32.66mg (8.17%), Potassium: 258.86mg (7.4%), Zinc: 1.03mg (6.9%), Vitamin B5: 0.67mg (6.67%), Vitamin B6: 0.1mg (5.22%), Vitamin K: 3.69µg (3.51%), Vitamin E: 0.44mg (2.92%), Vitamin A: 118.44IU (2.37%), Vitamin B12: 0.13µg (2.16%), Vitamin D: 0.23µg (1.5%)