



Individual Pecan Pies

READY IN



45 min.

SERVINGS



4

CALORIES



1046 kcal

DESSERT

Ingredients

- ☐ 0.5 cup brown sugar
- ☐ 5 tablespoons butter melted
- ☐ 1 cup plus
- ☐ 3 eggs
- ☐ 1.3 cups pecans chopped
- ☐ 1 basic pie dough or homemade store bought
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup regular sugar
- ☐ 0.5 teaspoon vanilla extract

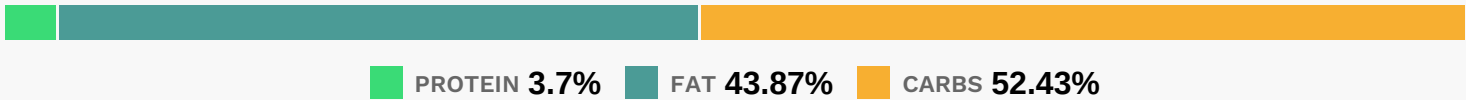
Equipment

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

Directions

- ☐ Prepare the filling:In a large bowl, whisk together the eggs, brown sugar, regular sugar, salt, corn syrup and vanilla until blended.
- ☐ Whisk in the melted butter. Stir in the pecans.On a clean, lightly floured work surface, roll out the pie dough. Make circles and place in individual, non stick molds. Make little holes at the bottom with a fork.
- ☐ Pour the filling into the pie shells.Preheat an oven to 350°F.
- ☐ Bake the pies until the filling is set but is still slightly soft in the center, 35 to 40 minutes.
- ☐ Transfer to a wire rack and let cool slightly. Top each with a dollop of whipped cream and serve.

Nutrition Facts



Properties

Glycemic Index:37.27, Glycemic Load:30.04, Inflammation Score:-5, Nutrition Score:15.379999873431%

Flavonoids

Cyanidin: 3.66mg, Cyanidin: 3.66mg, Cyanidin: 3.66mg, Cyanidin: 3.66mg Delphinidin: 2.48mg, Delphinidin: 2.48mg, Delphinidin: 2.48mg, Delphinidin: 2.48mg Catechin: 2.47mg, Catechin: 2.47mg, Catechin: 2.47mg, Catechin: 2.47mg Epigallocatechin: 1.92mg, Epigallocatechin: 1.92mg, Epigallocatechin: 1.92mg, Epigallocatechin: 1.92mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Epigallocatechin 3-gallate: 0.78mg, Epigallocatechin 3-gallate: 0.78mg, Epigallocatechin 3-gallate: 0.78mg, Epigallocatechin 3-gallate: 0.78mg

Nutrients (% of daily need)

Calories: 1045.71kcal (52.29%), Fat: 53.19g (81.83%), Saturated Fat: 15.6g (97.5%), Carbohydrates: 143.06g (47.69%), Net Carbohydrates: 138.73g (50.45%), Sugar: 118.65g (131.83%), Cholesterol: 160.38mg (53.46%), Sodium: 539.4mg (23.45%), Alcohol: 0.17g (100%), Alcohol %: 0.08% (100%), Protein: 10.08g (20.16%), Manganese: 1.75mg (87.5%), Vitamin B1: 0.41mg (27.07%), Copper: 0.48mg (23.98%), Selenium: 15.1µg (21.57%), Phosphorus: 195.62mg (19.56%), Fiber: 4.33g (17.33%), Zinc: 2.56mg (17.08%), Vitamin B2: 0.28mg (16.38%), Iron: 2.76mg (15.32%), Magnesium: 55.29mg (13.82%), Folate: 53.55µg (13.39%), Vitamin A: 635.03IU (12.7%), Vitamin B5: 1.03mg (10.28%), Vitamin E: 1.42mg (9.5%), Calcium: 88.9mg (8.89%), Vitamin B3: 1.61mg (8.05%), Vitamin B6: 0.16mg (8.04%), Potassium: 269.32mg (7.69%), Vitamin B12: 0.32µg (5.39%), Vitamin K: 5.62µg (5.35%), Vitamin D: 0.66µg (4.4%)