



John Thorne's Best-Ever Pecan Pie

 Vegetarian  Gluten Free  Low Fod Map

READY IN



130 min.

SERVINGS



10

CALORIES



383 kcal

DESSERT

Ingredients

- 2 tablespoons rum dark
- 3 large eggs
- 0.7 cup golden syrup light
- 1 cup t brown sugar dark light packed
- 8 ounces pecans coarsely chopped
- 0.3 teaspoon salt fine
- 4 tablespoons butter unsalted plus more for coating the pie plate at room temperature ()
- 1 teaspoon vanilla extract

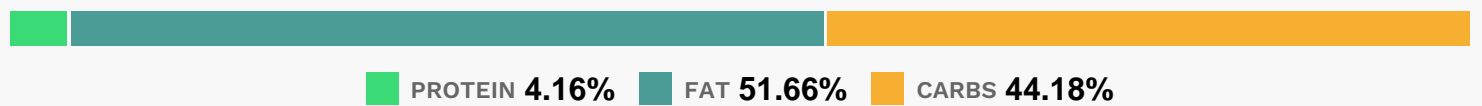
Equipment

- bowl
- frying pan
- sauce pan
- oven
- wire rack

Directions

- Heat the oven to 350°F and arrange a rack in the lower third. Coat a 9-inch pie plate with butter; set aside. On a lightly floured surface, roll out the dough to about 12 inches in diameter and between 1/4 and 1/8 inch thick. Without stretching the dough, line the prepared pie plate and trim to leave a 3/4-inch overhang. Fold the overhanging dough underneath itself, crimping the edges with two fingers along the rim of the pie plate to form a high, fluted border. Cover the pie shell in plastic and chill until needed.
- Place the sugar, syrup, butter, and rum in a large saucepan over medium heat and bring to a boil. Boil for 1 minute, stirring constantly and scraping back in any foam that clings to the sides of the pan.
- Remove the pan from the heat and set aside to cool to lukewarm, at least 15 minutes. Beat the eggs in a small bowl until the yolks and whites are broken up and incorporated, then beat into the cooled syrup.
- Add the pecans, vanilla, and salt and stir to combine.
- Pour into the chilled pie shell.
- Bake until the filling is set but still slightly wobbly in the center, about 50 minutes. Cool the pie completely on a wire rack.
- Serve at room temperature with whipped cream or vanilla ice cream, if so desired.

Nutrition Facts



Properties

Glycemic Index:8.8, Glycemic Load:11.44, Inflammation Score:-3, Nutrition Score:7.3134782081065%

Flavonoids

Cyanidin: 2.44mg, Cyanidin: 2.44mg, Cyanidin: 2.44mg, Cyanidin: 2.44mg Delphinidin: 1.65mg, Delphinidin: 1.65mg, Delphinidin: 1.65mg, Delphinidin: 1.65mg Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg Epigallocatechin: 1.28mg, Epigallocatechin: 1.28mg, Epigallocatechin: 1.28mg, Epigallocatechin: 1.28mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg

Nutrients (% of daily need)

Calories: 382.75kcal (19.14%), Fat: 22.3g (34.3%), Saturated Fat: 4.75g (29.67%), Carbohydrates: 42.9g (14.3%), Net Carbohydrates: 40.73g (14.81%), Sugar: 40.36g (44.84%), Cholesterol: 67.84mg (22.61%), Sodium: 86.28mg (3.75%), Alcohol: 1.14g (100%), Alcohol %: 1.58% (100%), Protein: 4.04g (8.09%), Manganese: 1.04mg (52.03%), Copper: 0.3mg (14.76%), Vitamin B1: 0.16mg (10.41%), Phosphorus: 94.89mg (9.49%), Fiber: 2.18g (8.71%), Selenium: 5.79µg (8.27%), Zinc: 1.23mg (8.23%), Magnesium: 31.38mg (7.85%), Vitamin B2: 0.1mg (5.91%), Iron: 1mg (5.53%), Vitamin A: 233.64IU (4.67%), Vitamin B5: 0.46mg (4.61%), Calcium: 43.96mg (4.4%), Potassium: 144.95mg (4.14%), Vitamin B6: 0.08mg (4.12%), Vitamin E: 0.6mg (4.03%), Folate: 12.43µg (3.11%), Vitamin D: 0.38µg (2.56%), Vitamin B12: 0.14µg (2.38%), Vitamin B3: 0.31mg (1.53%), Vitamin K: 1.23µg (1.17%)