

Kentucky Pecan Pie

 Vegetarian  Gluten Free

READY IN

ready

75 min.

SERVINGS

servings

8

CALORIES

calories

309 kcal

DESSERT

Ingredients

- ☐ 1 cup brown sugar packed
- ☐ 0.3 cup butter melted
- ☐ 1 cup plus white
- ☐ 3 eggs
- ☐ 1 cup pecans chopped
- ☐ 0.3 teaspoon salt

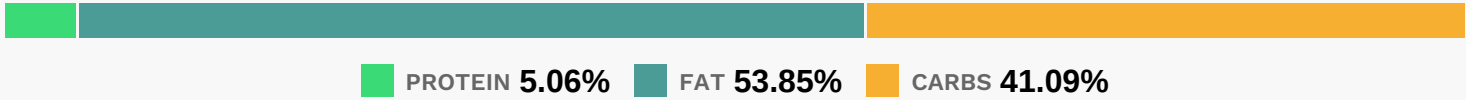
Equipment

- ☐ oven

Directions

- ☐ Combine syrup, sugar, salt, and melted butter or margarine. Slightly beat the eggs, and add to sugar mixture. Beat well, and pour into uncooked pie shell.
- ☐ Sprinkle pecans on top.
- ☐ Bake at 350 degrees F (175 degrees C) for 50 to 60 minutes.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.06, Inflammation Score:-3, Nutrition Score:6.3286956859672%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg

Nutrients (% of daily need)

Calories: 308.73kcal (15.44%), Fat: 19.32g (29.73%), Saturated Fat: 6.26g (39.11%), Carbohydrates: 33.17g (11.06%), Net Carbohydrates: 31.35g (11.4%), Sugar: 28.77g (31.97%), Cholesterol: 81.72mg (27.24%), Sodium: 189.42mg (8.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.08g (8.17%), Manganese: 0.68mg (33.84%), Copper: 0.2mg (9.97%), Phosphorus: 91.49mg (9.15%), Selenium: 6.16µg (8.8%), Vitamin B1: 0.11mg (7.62%), Fiber: 1.83g (7.31%), Magnesium: 27.1mg (6.78%), Vitamin A: 333.48IU (6.67%), Zinc: 0.95mg (6.34%), Vitamin B2: 0.11mg (6.27%), Vitamin B5: 0.56mg (5.61%), Iron: 0.94mg (5.21%), Potassium: 166.01mg (4.74%), Vitamin B6: 0.09mg (4.63%), Calcium: 44.32mg (4.43%), Vitamin E: 0.6mg (4.01%), Folate: 15.16µg (3.79%), Vitamin B12: 0.16µg (2.72%), Vitamin B3: 0.53mg (2.63%), Vitamin D: 0.33µg (2.2%), Vitamin C: 1.34mg (1.63%), Vitamin K: 1.27µg (1.21%)