



Kentucky Pecan Pie

 Dairy Free

READY IN



235 min.

SERVINGS



8

CALORIES



626 kcal

DESSERT

Ingredients

- 1 cup flour all-purpose
- 0.5 teaspoon salt
- 0.3 cup shortening
- 2 tablespoons water cold
- 0.7 cup sugar
- 0.3 cup butter melted
- 1 cup plus
- 2 tablespoons bourbon

- 0.5 teaspoon salt
- 3 eggs
- 1 cup pecans
- 6 oz semi chocolate chips (1 cup)

Equipment

- bowl
- oven
- whisk
- blender
- plastic wrap
- aluminum foil
- rolling pin

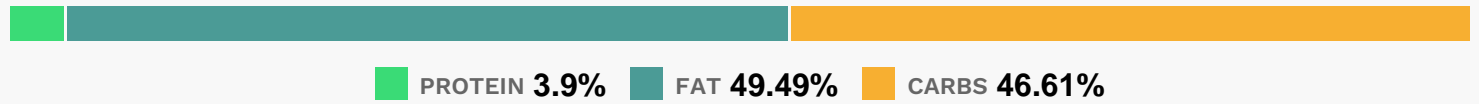
Directions

- In medium bowl, mix flour and 1/2 teaspoon salt.
- Cut in shortening, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until particles are size of small peas.
- Sprinkle with cold water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bowl (1 to 2 teaspoons more water can be added if necessary).
- Gather pastry into a ball. Shape into flattened round on lightly floured surface. Wrap in plastic wrap; refrigerate about 45 minutes or until dough is firm and cold, yet pliable. This allows the shortening to become slightly firm, which helps make the baked pastry more flaky. If refrigerated longer, let pastry soften slightly before rolling.
- Heat oven to 375°F. With floured rolling pin, roll pastry into round 2 inches larger than upside-down 9-inch glass pie plate. Fold pastry into fourths; place in pie plate. Unfold and ease into plate, pressing firmly against bottom and side. Trim overhanging edge of pastry 1 inch from rim of pie plate. Fold and roll pastry under, even with plate; flute as desired.
- In large bowl, beat sugar, butter, corn syrup, bourbon, 1/2 teaspoon salt and the eggs with wire whisk or hand beater. Stir in pecans and chocolate chips.

Pour into pastry-lined pie plate. Cover edge of pastry with 2- to 3-inch strip of foil to prevent excessive browning.

Bake 40 to 50 minutes or until set, removing foil for last 15 minutes of baking. Cool 30 minutes. Refrigerate until chilled, about 2 hours.

Nutrition Facts



Properties

Glycemic Index:23.64, Glycemic Load:26.53, Inflammation Score:-5, Nutrition Score:10.823478157106%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg

Nutrients (% of daily need)

Calories: 626.06kcal (31.3%), Fat: 35.07g (53.96%), Saturated Fat: 9.7g (60.65%), Carbohydrates: 74.33g (24.78%), Net Carbohydrates: 71.02g (25.82%), Sugar: 57.77g (64.19%), Cholesterol: 62.66mg (20.89%), Sodium: 432.91mg (18.82%), Alcohol: 1.25g (100%), Alcohol %: 1.05% (100%), Caffeine: 18.29mg (6.1%), Protein: 6.21g (12.43%), Manganese: 0.95mg (47.59%), Copper: 0.45mg (22.55%), Selenium: 13.02µg (18.6%), Vitamin B1: 0.25mg (16.38%), Iron: 2.69mg (14.94%), Magnesium: 58.57mg (14.64%), Phosphorus: 141.43mg (14.14%), Fiber: 3.31g (13.24%), Vitamin B2: 0.19mg (10.94%), Zinc: 1.64mg (10.92%), Folate: 39.17µg (9.79%), Vitamin A: 444.99IU (8.9%), Vitamin E: 1.3mg (8.65%), Vitamin B3: 1.26mg (6.3%), Vitamin K: 6.6µg (6.29%), Potassium: 215.65mg (6.16%), Vitamin B5: 0.56mg (5.58%), Calcium: 42.35mg (4.24%), Vitamin B6: 0.07mg (3.46%), Vitamin B12: 0.19µg (3.24%), Vitamin D: 0.33µg (2.2%)