



Kentucky Pecan Pie (lighter)

 Dairy Free

READY IN



235 min.

SERVINGS



8

CALORIES



596 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons bourbon
- ☐ 1 cup plus
- ☐ 0.8 cup eggs fat-free
- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup butter melted
- ☐ 0.5 cup rolled oats
- ☐ 0.5 cup pecans
- ☐ 0.5 teaspoon salt

- ☐ 6 oz semi chocolate chips (1 cup)
- ☐ 0.3 cup shortening
- ☐ 0.7 cup sugar
- ☐ 1 teaspoon vanilla
- ☐ 2 tablespoons water cold

Equipment

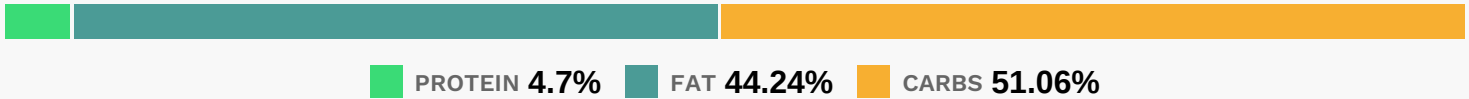
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ rolling pin

Directions

- ☐ In medium bowl, mix 1 cup flour and the 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 375F. 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, margarine, corn syrup, bourbon, salt, egg product and vanilla with wire whisk or hand beater. Stir in pecans, oats and chocolate chips.
- ☐ Pour into pastry-lined pie plate. Cover edge with 2- to 3-inch strip of foil to prevent excessive browning.
- ☐ Bake 40 to 50 minutes or until crust is brown and filling is set, removing foil for last 15 minutes of baking. Cool 30 minutes. Refrigerate until chilled, about 2 hours.

Nutrition Facts



Properties

Glycemic Index:28.64, Glycemic Load:27.68, Inflammation Score:-5, Nutrition Score:10.919565194651%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg

Nutrients (% of daily need)

Calories: 595.93kcal (29.8%), Fat: 29.64g (45.6%), Saturated Fat: 9.18g (57.38%), Carbohydrates: 76.99g (25.66%), Net Carbohydrates: 73.76g (26.82%), Sugar: 57.66g (64.07%), Cholesterol: 86.02mg (28.67%), Sodium: 274.53mg (11.94%), Alcohol: 1.42g (100%), Alcohol %: 1.17% (100%), Caffeine: 18.29mg (6.1%), Protein: 7.09g (14.17%), Manganese: 0.86mg (43%), Selenium: 16.18µg (23.11%), Copper: 0.4mg (20.07%), Iron: 2.86mg (15.87%), Phosphorus: 156.99mg (15.7%), Vitamin B1: 0.23mg (15.37%), Magnesium: 58.81mg (14.7%), Fiber: 3.23g (12.91%), Vitamin B2: 0.21mg (12.59%), Zinc: 1.62mg (10.82%), Folate: 42.35µg (10.59%), Vitamin E: 1.23mg (8.17%), Vitamin A: 390.86IU (7.82%), Vitamin B5: 0.66mg (6.56%), Vitamin B3: 1.25mg (6.26%), Vitamin K: 6.51µg (6.2%), Potassium: 217.01mg (6.2%), Calcium: 43.43mg (4.34%), Vitamin B12: 0.25µg (4.14%), Vitamin B6: 0.07mg (3.59%), Vitamin D: 0.46µg (3.04%)