

Lite Classic Pecan Pie

READY IN



195 min.

SERVINGS



8

CALORIES



407 kcal

DESSERT

Ingredients

- 2 tablespoons butter melted
- 19-inch deep dish pie crust
- 3 eggs
- 1 cup frangelico karo®
- 1.5 cups pecans
- 1 cup sugar
- 1 teaspoon vanilla extract pure spice islands®

Equipment

oven

Directions

- Mix syrup, eggs, sugar, butter and vanilla using a spoon. Stir in pecans.
- Pour into pie crust.
- Bake at 350 degrees F on center rack of oven for 60–70 minutes.
- Cool for 2 hours before serving.

Nutrition Facts

PROTEIN 5.13% **FAT 55.82%** **CARBS 39.05%**

Properties

Glycemic Index:16.26, Glycemic Load:17.53, Inflammation Score:-3, Nutrition Score:8.0000000310981%

Flavonoids

Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg Delphinidin: 1.35mg, Delphinidin: 1.35mg, Delphinidin: 1.35mg, Delphinidin: 1.35mg Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg

Nutrients (% of daily need)

Calories: 406.86kcal (20.34%), Fat: 25.97g (39.96%), Saturated Fat: 5.76g (35.99%), Carbohydrates: 40.88g (13.63%), Net Carbohydrates: 38.71g (14.07%), Sugar: 25.81g (28.68%), Cholesterol: 68.9mg (22.97%), Sodium: 145.95mg (6.35%), Alcohol: 0.17g (100%), Alcohol %: 0.18% (100%), Protein: 5.37g (10.74%), Manganese: 0.98mg (48.83%), Copper: 0.26mg (12.95%), Vitamin B1: 0.19mg (12.9%), Phosphorus: 104.17mg (10.42%), Selenium: 7.23µg (10.32%), Fiber: 2.18g (8.71%), Vitamin B2: 0.15mg (8.61%), Folate: 33.7µg (8.42%), Zinc: 1.19mg (7.93%), Iron: 1.41mg (7.84%), Magnesium: 28.81mg (7.2%), Vitamin E: 0.86mg (5.76%), Vitamin B5: 0.52mg (5.19%), Vitamin K: 5.18µg (4.93%), Vitamin B3: 0.94mg (4.7%), Vitamin B6: 0.08mg (4.03%), Vitamin A: 186.96IU (3.74%), Potassium: 126.66mg (3.62%), Calcium: 29.03mg (2.9%), Vitamin B12: 0.15µg (2.55%), Vitamin D: 0.33µg (2.2%)