



Maple-Bourbon Pecan Pie

READY IN



83 min.

SERVINGS



10

CALORIES



405 kcal

DESSERT

Ingredients

- 2 tablespoons bourbon
- 3 tablespoons brown sugar
- 2 tablespoons butter melted
- 0.5 cup plus dark
- 2 large egg whites lightly beaten
- 2 large eggs lightly beaten
- 0.3 teaspoon kosher salt
- 0.5 cup maple syrup
- 0.8 cup pecan halves

- 0.3 cup pecans finely chopped
- 14.1 ounce pie dough refrigerated (such as Pillsbury)
- 1 teaspoon vanilla extract

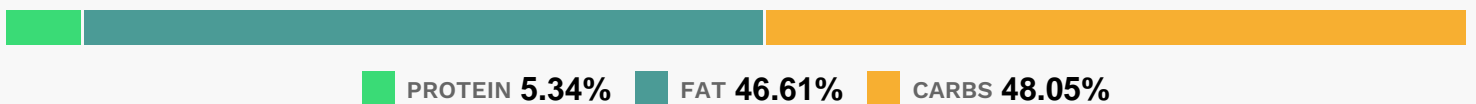
Equipment

- bowl
- oven
- wire rack
- aluminum foil

Directions

- Preheat oven to 350
- Roll dough into a 12-inch circle. Fit dough into a 9-inch pie plate coated with cooking spray, draping excess dough over edges. Fold edges under, and flute. Chill in freezer 15 minutes.
- Combine pecans and remaining ingredients in a bowl, stirring well to combine.
- Pour filling into prepared crust.
- Bake at 350 for 38 minutes or until center of pie is almost set (shield edges of piecrust with foil if crust gets too brown). Cool on wire rack.

Nutrition Facts



Properties

Glycemic Index:21.15, Glycemic Load:15.91, Inflammation Score:-2, Nutrition Score:8.0843478344057%

Flavonoids

Cyanidin: 1.09mg, Cyanidin: 1.09mg, Cyanidin: 1.09mg, Cyanidin: 1.09mg Delphinidin: 0.74mg, Delphinidin: 0.74mg, Delphinidin: 0.74mg, Delphinidin: 0.74mg Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg

Nutrients (% of daily need)

Calories: 404.62kcal (20.23%), Fat: 20.96g (32.25%), Saturated Fat: 5.64g (35.26%), Carbohydrates: 48.63g (16.21%), Net Carbohydrates: 46.65g (16.96%), Sugar: 26.91g (29.9%), Cholesterol: 43.22mg (14.41%), Sodium: 293.74mg (12.77%), Alcohol: 1.14g (100%), Alcohol %: 1.32% (100%), Protein: 5.4g (10.8%), Manganese: 1.03mg (51.41%), Vitamin B2: 0.36mg (21.37%), Vitamin B1: 0.19mg (12.94%), Selenium: 7.62µg (10.89%), Folate: 35.3µg (8.82%), Iron: 1.59mg (8.81%), Copper: 0.17mg (8.61%), Phosphorus: 80.52mg (8.05%), Fiber: 1.97g (7.89%), Magnesium: 25.38mg (6.34%), Vitamin B3: 1.24mg (6.18%), Zinc: 0.9mg (5.97%), Calcium: 45.12mg (4.51%), Potassium: 154.8mg (4.42%), Vitamin B5: 0.43mg (4.27%), Vitamin K: 3.5µg (3.33%), Vitamin E: 0.5mg (3.31%), Vitamin B6: 0.06mg (3.09%), Vitamin A: 130.06IU (2.6%), Vitamin B12: 0.1µg (1.66%), Vitamin D: 0.2µg (1.33%)