

Maple Chess Pie

 Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



448 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 3 eggs
- ☐ 1 teaspoon maple extract
- ☐ 0.6 cup pecans chopped
- ☐ 1 9-inch unbaked pie crust
- ☐ 1.5 cups sugar white
- ☐ 1 tablespoon vinegar white
- ☐ 1 tablespoon cornmeal yellow

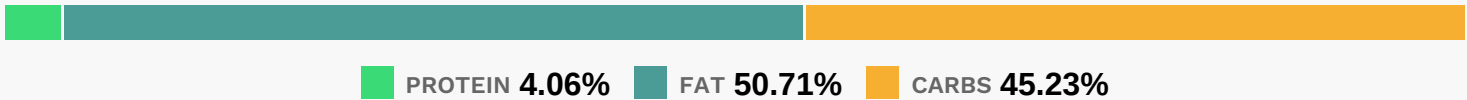
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat the oven to 425 degrees F (220 degrees C). Press the pie crust into the bottom and up the sides of a 9 inch deep dish pie plate.
- ☐ In a medium bowl, beat the butter, sugar, and eggs until light and fluffy. Stir in the cornmeal, vinegar, and maple extract until well blended. Fold in pecans so they are evenly distributed.
- ☐ Pour into the unbaked pie crust.
- ☐ Bake for 10 minutes in the preheated oven, then reduce the heat to 350 degrees F (175 degrees C).
- ☐ Bake for 30 additional minutes, or until the top of the pie is golden brown, and the filling is set. When removing the pie from the oven, give it a gentle shake. If there is no movement, the pie is set. The pie will thicken and shrink slightly upon cooling.

Nutrition Facts



Properties

Glycemic Index:24.82, Glycemic Load:26.76, Inflammation Score:-4, Nutrition Score:6.0578260901182%

Flavonoids

Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg Delphinidin: 0.62mg, Delphinidin: 0.62mg, Delphinidin: 0.62mg, Delphinidin: 0.62mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg

Nutrients (% of daily need)

Calories: 448.23kcal (22.41%), Fat: 25.83g (39.74%), Saturated Fat: 5.46g (34.16%), Carbohydrates: 51.85g (17.28%), Net Carbohydrates: 50.29g (18.29%), Sugar: 37.84g (42.05%), Cholesterol: 61.38mg (20.46%), Sodium: 259.93mg (11.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.65g (9.3%), Manganese: 0.51mg (25.45%), Vitamin A: 601.61IU (12.03%), Selenium: 7.12µg (10.18%), Vitamin B1: 0.14mg (9.11%), Vitamin B2: 0.14mg (8.38%), Phosphorus:

80.41mg (8.04%), Copper: 0.14mg (6.93%), Folate: 27.7µg (6.92%), Iron: 1.21mg (6.73%), Fiber: 1.56g (6.24%),
Vitamin E: 0.85mg (5.68%), Zinc: 0.75mg (5.03%), Vitamin B5: 0.45mg (4.47%), Magnesium: 17.82mg (4.45%),
Vitamin B3: 0.82mg (4.11%), Vitamin B6: 0.07mg (3.35%), Vitamin B12: 0.16µg (2.68%), Potassium: 92.71mg (2.65%),
Calcium: 24.78mg (2.48%), Vitamin D: 0.33µg (2.2%), Vitamin K: 2.17µg (2.07%)