



## Maple Hazelnut Pie

READY IN



45 min.

SERVINGS



8

CALORIES



492 kcal

DESSERT

### Ingredients

- 2 tablespoons bourbon
- 0.5 cup plus light
- 1 large egg whites lightly beaten
- 3 large eggs
- 0.5 cup brown sugar packed ()
- 5 ounces hazelnuts husked coarsely chopped
- 0.8 cup maple syrup pure (preferably Grade B)
- 1 pie crust dough refrigerated
- 0.3 teaspoon salt

- 0.3 cup butter unsalted cut into 1/2-inch cubes ( )
- 1 teaspoon vanilla extract

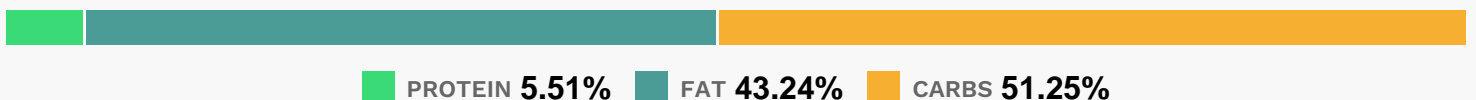
## Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- pie form

## Directions

- Bring maple syrup, brown sugar, corn syrup, and salt to boil in medium saucepan over medium heat, stirring until sugar dissolves. Continue boiling 1 minute, reducing heat as needed to prevent mixture from boiling over.
- Remove pan from heat.
- Add bourbon, then butter; whisk until butter melts.
- Let cool to lukewarm, whisking occasionally, about 20 minutes.
- Preheat oven to 350°F. Spray 9-inch-diameter glass pie dish with nonstick spray. Unroll pie crust. Line dish with crust. Crimp edges decoratively.
- Brush crust with enough egg white to coat. Scatter hazelnuts over.
- Whisk eggs and vanilla extract in medium bowl until blended.
- Whisk cooled maple-sugar mixture into egg mixture.
- Pour mixture over hazelnuts in crust.
- Bake pie until filling is set and slightly puffed, about 50 minutes. Cool completely on rack. DO AHEAD: Can be made 1 day ahead. Cover and keep at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:10.69, Glycemic Load:10.72, Inflammation Score:-4, Nutrition Score:13.13130435218%

## Flavonoids

Cyanidin: 1.19mg, Cyanidin: 1.19mg, Cyanidin: 1.19mg, Cyanidin: 1.19mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg

## Nutrients (% of daily need)

Calories: 492.38kcal (24.62%), Fat: 23.9g (36.77%), Saturated Fat: 6.75g (42.22%), Carbohydrates: 63.72g (21.24%), Net Carbohydrates: 61.47g (22.35%), Sugar: 48.73g (54.14%), Cholesterol: 85mg (28.33%), Sodium: 213.7mg (9.29%), Alcohol: 1.42g (100%), Alcohol %: 1.3% (100%), Protein: 6.86g (13.71%), Manganese: 1.9mg (94.96%), Vitamin B2: 0.55mg (32.14%), Vitamin E: 3.12mg (20.78%), Copper: 0.34mg (17.2%), Vitamin B1: 0.21mg (14.21%), Selenium: 8.6µg (12.29%), Folate: 44.22µg (11.06%), Phosphorus: 106.86mg (10.69%), Magnesium: 42.77mg (10.69%), Iron: 1.85mg (10.29%), Fiber: 2.25g (9%), Calcium: 83.92mg (8.39%), Potassium: 262.65mg (7.5%), Vitamin B6: 0.15mg (7.42%), Zinc: 1.09mg (7.27%), Vitamin B5: 0.57mg (5.7%), Vitamin A: 282.28IU (5.65%), Vitamin B3: 0.96mg (4.78%), Vitamin K: 4.62µg (4.4%), Vitamin D: 0.48µg (3.21%), Vitamin B12: 0.18µg (3.04%), Vitamin C: 1.12mg (1.35%)