



Maple Nut Pie

 Vegetarian

READY IN



240 min.

SERVINGS



8

CALORIES



501 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons bourbon
- ☐ 1 teaspoon cider vinegar
- ☐ 0.5 cup brown sugar dark packed
- ☐ 3 oz cranberries dried
- ☐ 3 large eggs
- ☐ 2 oz hazelnuts coarsely chopped
- ☐ 8 servings accompaniment: lightly whipped cream sweetened
- ☐ 0.8 cup maple syrup pure (preferably Grade B)

- ☐ 8 servings all-butter pastry dough
- ☐ 2 oz pecans coarsely chopped
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup butter unsalted melted
- ☐ 2 oz walnuts coarsely chopped
- ☐ 1 cup water hot

Equipment

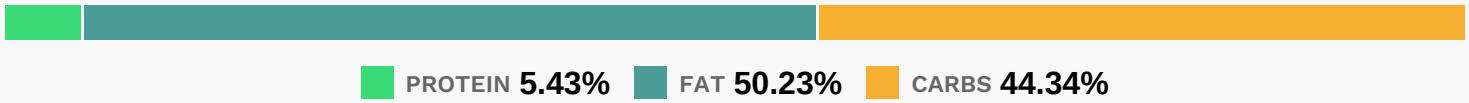
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil
- ☐ rolling pin

Directions

- ☐ Roll out dough into a 13-inch round on a lightly floured surface with a floured rolling pin. Fit into a 9-inch pie plate and trim excess dough, leaving a 1/2-inch overhang, then fold overhang under (to reinforce edge) and press against rim of pie plate. Decoratively crimp edge and chill shell until firm, about 30 minutes.
- ☐ Put oven rack in middle position and preheat oven to 375°F.
- ☐ Lightly prick bottom and side of pie shell all over with a fork, then line shell with foil and fill with pie weights.
- ☐ Bake until pastry is pale golden along rim and set underneath weights, about 20 minutes. Carefully remove foil and weights and bake shell until bottom and side are pale golden, about 10 minutes more. Cool completely in pie plate on a rack, about 20 minutes.
- ☐ Reduce oven temperature to 350°F.
- ☐ Soak dried cranberries in hot water until softened, about 10 minutes, then drain well.
- ☐ Spread nuts in a shallow baking pan and toast in oven until fragrant, about 6 minutes. Leave oven on.
- ☐ Whisk together syrup, brown sugar, butter, eggs, bourbon (if using), vinegar, and salt until combined well, then stir in nuts and cranberries.

- ☐
- Pour filling into cooled pie shell and bake until filling is just set, 40 to 50 minutes. Cool completely in pie plate on a rack before serving.
- ☐
- Pie can be made 8 hours ahead and kept, uncovered, at room temperature.

Nutrition Facts



Properties

Glycemic Index:21.81, Glycemic Load:11.29, Inflammation Score:-5, Nutrition Score:13.327826245971%

Flavonoids

Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 501.36kcal (25.07%), Fat: 28.38g (43.66%), Saturated Fat: 9.16g (57.24%), Carbohydrates: 56.36g (18.79%), Net Carbohydrates: 53.59g (19.49%), Sugar: 41.1g (45.68%), Cholesterol: 105.55mg (35.18%), Sodium: 170mg (7.39%), Alcohol: 1.25g (100%), Alcohol %: 0.94% (100%), Protein: 6.9g (13.79%), Manganese: 1.83mg (91.41%), Vitamin B2: 0.57mg (33.37%), Copper: 0.37mg (18.61%), Vitamin B1: 0.25mg (16.58%), Selenium: 11.27µg (16.1%), Vitamin E: 1.81mg (12.08%), Phosphorus: 119.39mg (11.94%), Magnesium: 44.9mg (11.22%), Fiber: 2.77g (11.07%), Folate: 42.4µg (10.6%), Iron: 1.83mg (10.19%), Vitamin A: 502.83IU (10.06%), Calcium: 91.01mg (9.1%), Zinc: 1.29mg (8.57%), Vitamin B6: 0.14mg (7.02%), Potassium: 242.1mg (6.92%), Vitamin B3: 1.18mg (5.9%), Vitamin B5: 0.56mg (5.6%), Vitamin D: 0.48µg (3.21%), Vitamin K: 3.28µg (3.13%), Vitamin B12: 0.18µg (2.98%)