

Maple Pecan Pie

 Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



524 kcal

DESSERT

Ingredients

- 1 cup flour all-purpose
- 0.5 teaspoon salt
- 0.3 cup shortening
- 0.5 teaspoon peppermint flavoring cold
- 0.7 cup sugar
- 0.3 cup butter melted
- 1 cup maple syrup
- 0.5 teaspoon salt

- 3 eggs
- 1 cup cashew pieces
- 0.3 cup semi chocolate chips
- 1 teaspoon shortening

Equipment

- bowl
- sauce pan
- oven
- blender
- aluminum foil
- rolling pin

Directions

- Heat oven to 375°F.
- In medium bowl, mix flour and 1/2 teaspoon salt.
- Cut in 1/3 cup plus 1 tablespoon shortening, using pastry blender or crisscrossing 2 knives, until particles are size of small peas.
- Sprinkle in cold maple flavor mixture, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bowl.
- Gather pastry into a ball; shape into flattened round on lightly floured surface. With floured rolling pin, roll 2 inches larger than upside-down 9-inch pie plate. Ease pastry into pie plate, pressing firmly against bottom and side. Trim overhanging edge of pastry 1 inch from rim of plate. Fold and roll pastry under, even with plate; flute.
- In medium bowl, beat sugar, butter, maple syrup, 1/2 teaspoon salt and the eggs with hand beater until smooth. Stir in pecans.
- Pour into pastry-lined pie plate. Cover edge of pastry with 2- to 3-inch strip of foil to prevent excessive browning; remove foil for last 15 minutes of baking.
- Bake 40 to 50 minutes or until set. Cool 15 minutes. In 1-quart saucepan, melt chocolate chips and 1 teaspoon shortening over low heat, stirring constantly; drizzle over top of pie.
- Serve pie warm or cool.

Nutrition Facts

PROTEIN 5.3% FAT 46.91% CARBS 47.79%

Properties

Glycemic Index:25.85, Glycemic Load:31.25, Inflammation Score:-5, Nutrition Score:13.300869625224%

Nutrients (% of daily need)

Calories: 524.01kcal (26.2%), Fat: 27.77g (42.73%), Saturated Fat: 6.9g (43.15%), Carbohydrates: 63.66g (21.22%), Net Carbohydrates: 62.26g (22.64%), Sugar: 43.87g (48.75%), Cholesterol: 61.72mg (20.57%), Sodium: 410.27mg (17.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.84mg (1.61%), Protein: 7.06g (14.12%), Manganese: 1.38mg (68.99%), Vitamin B2: 0.68mg (40.15%), Copper: 0.46mg (23%), Selenium: 14.14µg (20.21%), Magnesium: 71.15mg (17.79%), Phosphorus: 161.97mg (16.2%), Vitamin B1: 0.23mg (15.24%), Iron: 2.51mg (13.93%), Zinc: 1.69mg (11.25%), Vitamin K: 10.87µg (10.35%), Folate: 40.47µg (10.12%), Vitamin A: 430.24IU (8.6%), Vitamin E: 1.22mg (8.1%), Potassium: 272.74mg (7.79%), Calcium: 68.19mg (6.82%), Vitamin B3: 1.19mg (5.94%), Fiber: 1.4g (5.62%), Vitamin B5: 0.55mg (5.48%), Vitamin B6: 0.1mg (5.25%), Vitamin B12: 0.17µg (2.77%), Vitamin D: 0.33µg (2.2%)