

Maple Pecan Pie

 Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



520 kcal

DESSERT

Ingredients

- 0.3 cup butter melted
- 3 eggs
- 1 cup flour all-purpose
- 0.5 teaspoon peppermint flavoring cold
- 1 cup maple syrup
- 1 cup pecans
- 0.5 teaspoon salt
- 0.3 cup semi chocolate chips

- 0.3 cup shortening
- 1 teaspoon shortening
- 0.7 cup sugar

Equipment

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

Directions

- Heat oven to 375F.
- 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 3.97% FAT 50.32% CARBS 45.71%

Properties

Glycemic Index:23.95, Glycemic Load:30.21, Inflammation Score:-5, Nutrition Score:12.200869650944%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg

Nutrients (% of daily need)

Calories: 520.35kcal (26.02%), Fat: 29.61g (45.56%), Saturated Fat: 6.41g (40.09%), Carbohydrates: 60.52g (20.17%), Net Carbohydrates: 58.46g (21.26%), Sugar: 43.41g (48.23%), Cholesterol: 61.72mg (20.57%), Sodium: 263mg (11.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.84mg (1.61%), Protein: 5.26g (10.51%), Manganese: 1.67mg (83.47%), Vitamin B2: 0.69mg (40.55%), Selenium: 11.41µg (16.29%), Vitamin B1: 0.24mg (16.14%), Copper: 0.25mg (12.72%), Phosphorus: 100.62mg (10.06%), Folate: 39.17µg (9.79%), Magnesium: 39.03mg (9.76%), Iron: 1.74mg (9.68%), Zinc: 1.32mg (8.77%), Vitamin A: 437.17IU (8.74%), Vitamin E: 1.24mg (8.29%), Fiber: 2.06g (8.24%), Calcium: 70.79mg (7.08%), Potassium: 217.02mg (6.2%), Vitamin B3: 1.16mg (5.81%), Vitamin K: 5.81µg (5.53%), Vitamin B5: 0.52mg (5.15%), Vitamin B6: 0.06mg (3.19%), Vitamin B12: 0.17µg (2.77%), Vitamin D: 0.33µg (2.2%)