



Maple-Pecan Pie

READY IN



45 min.

SERVINGS



8

CALORIES



554 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon flour
- ☐ 3 tablespoons butter melted
- ☐ 1 9-inch deep dish pie crust frozen
- ☐ 3 large eggs
- ☐ 0.8 cup brown sugar packed ()
- ☐ 1 cup maple syrup pure
- ☐ 1.5 cups pecans coarsely chopped
- ☐ 0.3 cup sugar
- ☐ 1 teaspoon vanilla extract

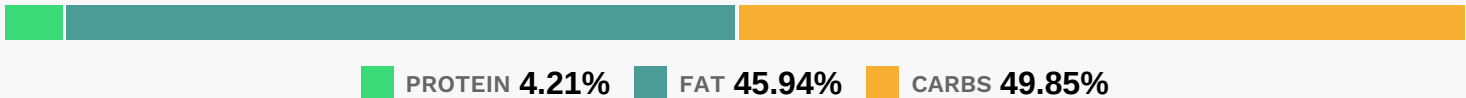
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 350°F.
- ☐ Whisk first 7 ingredients in medium bowl to blend.
- ☐ Place unbaked crust on baking sheet.
- ☐ Spread nuts over crust.
- ☐ Pour filling over.
- ☐ Bake until filling is set and slightly puffed, about 1 hour.
- ☐ Transfer pie to rack and cool completely.

Nutrition Facts



Properties

Glycemic Index:30.2, Glycemic Load:14.87, Inflammation Score:-3, Nutrition Score:12.97304341197%

Flavonoids

Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg Delphinidin: 1.49mg, Delphinidin: 1.49mg, Delphinidin: 1.49mg, Delphinidin: 1.49mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg

Nutrients (% of daily need)

Calories: 553.85kcal (27.69%), Fat: 28.9g (44.47%), Saturated Fat: 6.85g (42.79%), Carbohydrates: 70.55g (23.52%), Net Carbohydrates: 68.17g (24.79%), Sugar: 51.31g (57.01%), Cholesterol: 81.04mg (27.01%), Sodium: 169.63mg (7.38%), Alcohol: 0.17g (100%), Alcohol %: 0.15% (100%), Protein: 5.96g (11.93%), Manganese: 2.01mg

(100.31%), Vitamin B2: 0.67mg (39.52%), Vitamin B1: 0.24mg (16.05%), Copper: 0.29mg (14.65%), Selenium: 8.46µg (12.08%), Phosphorus: 116.07mg (11.61%), Zinc: 1.6mg (10.65%), Magnesium: 41.9mg (10.47%), Iron: 1.72mg (9.57%), Fiber: 2.38g (9.53%), Calcium: 92.97mg (9.3%), Folate: 37.14µg (9.29%), Potassium: 256.5mg (7.33%), Vitamin E: 0.96mg (6.37%), Vitamin B5: 0.6mg (6.03%), Vitamin B3: 1.07mg (5.37%), Vitamin K: 5.38µg (5.12%), Vitamin A: 243.89IU (4.88%), Vitamin B6: 0.1mg (4.86%), Vitamin B12: 0.18µg (2.93%), Vitamin D: 0.38µg (2.5%)