

Maple Pecan Pie



Vegetarian



Popular

READY IN



55 min.

SERVINGS



8

CALORIES



695 kcal

DESSERT

Ingredients

- ☐ 2.5 cups bob's mill flour red organic all-purpose
- ☐ 8 tablespoons butter diced cold ()
- ☐ 0.5 teaspoon sea salt fine
- ☐ 0.3 cup water cold
- ☐ 1 cup pecans chopped
- ☐ 1.5 cups pecan halves
- ☐ 0.5 cup maple sugar
- ☐ 1 cup maple syrup

- ☐ 3 tablespoons butter melted
- ☐ 3 large eggs beaten ()
- ☐ 0.3 teaspoon sea salt fine
- ☐ 1 tablespoon bourbon

Equipment

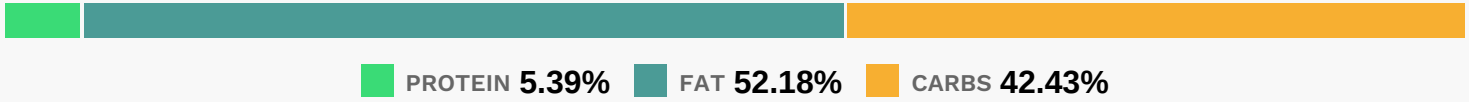
- ☐ food processor
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ tart form
- ☐ pie form

Directions

- ☐ Preheat
- ☐ Heat the oven to 350 F.
- ☐ Make the crust.
- ☐ Toss the flour into a food processor with the butter and 1/2 teaspoon sea salt. Process until the mixture resembles coarse corn meal, and then slowly pour in the cold water through the feeder tube until the dough comes together.
- ☐ Turn the dough out onto a floured work surface. Press it down to form a thick disk about 2-inches thick, and then roll out the disk to an even 1/8-inch thickness.
- ☐ Gently place the dough onto your tart or pie pan, and then press it in. If working with a tart pan, trim away excess crust, and if you're using a pie pan, crimp the edges of the crust.
- ☐ Set the crust in the freezer about 15 minutes, until firm.
- ☐ Make the filling.
- ☐ Pull the crust out of the freezer, and then sprinkle the chopped pecans evenly over the bottom of the crust. Then arrange the pecan halves on top of the chopped pecans.
- ☐ Whisk the maple sugar, maple syrup, melted butter, eggs, sea salt and bourbon together until uniform, and then pour the mixture over the pecans.

- ☐
- Bake.
- ☐
- Set the unbaked pie onto a rimmed baking sheet, and then transfer it to the oven.
- ☐
- Bake until the filling puffs, about 45 minutes. Next, pull the pie out of the oven and allow it to cool completely before slicing and serving.

Nutrition Facts



Properties

Glycemic Index:38.69, Glycemic Load:40.08, Inflammation Score:-6, Nutrition Score:18.482173865256%

Flavonoids

Cyanidin: 3.46mg, Cyanidin: 3.46mg, Cyanidin: 3.46mg, Cyanidin: 3.46mg Delphinidin: 2.34mg, Delphinidin: 2.34mg, Delphinidin: 2.34mg, Delphinidin: 2.34mg Catechin: 2.33mg, Catechin: 2.33mg, Catechin: 2.33mg, Catechin: 2.33mg Epigallocatechin: 1.81mg, Epigallocatechin: 1.81mg, Epigallocatechin: 1.81mg, Epigallocatechin: 1.81mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Epigallocatechin 3-gallate: 0.74mg, Epigallocatechin 3-gallate: 0.74mg, Epigallocatechin 3-gallate: 0.74mg, Epigallocatechin 3-gallate: 0.74mg

Nutrients (% of daily need)

Calories: 694.79kcal (34.74%), Fat: 40.98g (63.05%), Saturated Fat: 12.54g (78.35%), Carbohydrates: 74.99g (25%), Net Carbohydrates: 70.85g (25.76%), Sugar: 38.13g (42.37%), Cholesterol: 111.14mg (37.05%), Sodium: 374.96mg (16.3%), Alcohol: 0.63g (100%), Alcohol %: 0.45% (100%), Protein: 9.53g (19.06%), Manganese: 3.3mg (165.03%), Vitamin B2: 0.84mg (49.42%), Vitamin B1: 0.56mg (37.04%), Selenium: 20.53µg (29.33%), Copper: 0.47mg (23.64%), Folate: 87.96µg (21.99%), Zinc: 3.17mg (21.14%), Iron: 3.24mg (18.02%), Phosphorus: 173.61mg (17.36%), Fiber: 4.14g (16.58%), Magnesium: 61.54mg (15.39%), Vitamin B3: 2.74mg (13.72%), Vitamin A: 600.33IU (12.01%), Calcium: 101.12mg (10.11%), Potassium: 335.42mg (9.58%), Vitamin B5: 0.76mg (7.65%), Vitamin E: 1.12mg (7.45%), Vitamin B6: 0.12mg (5.88%), Vitamin B12: 0.2µg (3.33%), Vitamin K: 2.65µg (2.52%), Vitamin D: 0.38µg (2.5%)