



Maple Pecan Pie a la Mode

READY IN



63 min.

SERVINGS



8

CALORIES



617 kcal

DESSERT

Ingredients

- 0.3 cup brown sugar
- 6 tablespoons butter melted
- 0.5 cup plus
- 2 eggs beaten
- 2 tablespoons flour all-purpose
- 1.5 cups graham cracker crumbs
- 0.5 cup maple syrup
- 1.5 cups pecans
- 0.3 cup sugar

- 2 tablespoons vanilla extract
- 8 servings whipped cream

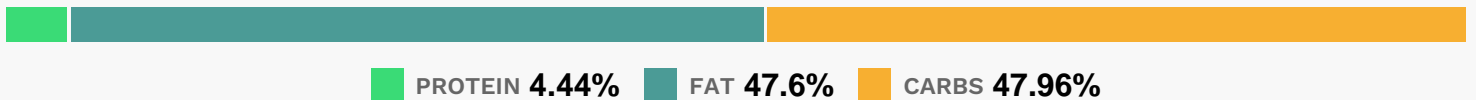
Equipment

- bowl
- oven
- pie form

Directions

- Preheat the oven to 375 degrees F.
- Combine the butter, graham crumbs, and brown sugar in a large bowl. Press the mixture into a 9-inch pie dish, forming a shell, and bake until firm, about 10 to 12 minutes.
- Remove the pie dish from the oven and allow it to cool slightly.
- In a large bowl combine the eggs, corn syrup, maple syrup, sugar, flour, and vanilla.
- Mix until well incorporated.
- Add the pecans and mix until all the ingredients are evenly distributed.
- Pour the mixture into the graham cracker crust.
- Bake until the filling sets, about 40 to 45 minutes.
- Remove the pie from the oven and cool completely before cutting. Slice into portions and serve with a scoop of vanilla ice cream.

Nutrition Facts



Properties

Glycemic Index:49.45, Glycemic Load:31.25, Inflammation Score:-5, Nutrition Score:12.432173951812%

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: 616.66kcal (30.83%), Fat: 33.19g (51.07%), Saturated Fat: 11.73g (73.34%), Carbohydrates: 75.24g (25.08%), Net Carbohydrates: 72.23g (26.27%), Sugar: 60.22g (66.91%), Cholesterol: 92.54mg (30.84%), Sodium: 257.07mg (11.18%), Alcohol: 1.12g (100%), Alcohol %: 0.77% (100%), Protein: 6.96g (13.93%), Manganese: 1.42mg (70.79%), Vitamin B2: 0.55mg (32.1%), Phosphorus: 184.52mg (18.45%), Vitamin B1: 0.24mg (16.25%), Calcium: 151.02mg (15.1%), Copper: 0.28mg (14.09%), Zinc: 2.09mg (13.95%), Magnesium: 50.65mg (12.66%), Vitamin A: 611.1IU (12.22%), Fiber: 3.01g (12.04%), Potassium: 322.29mg (9.21%), Selenium: 6.35µg (9.07%), Iron: 1.59mg (8.81%), Vitamin B5: 0.76mg (7.58%), Vitamin B12: 0.37µg (6.22%), Folate: 24.03µg (6.01%), Vitamin B6: 0.11mg (5.69%), Vitamin E: 0.84mg (5.63%), Vitamin B3: 1.07mg (5.36%), Vitamin D: 0.35µg (2.35%), Vitamin K: 1.69µg (1.61%)