



WHATSheATE

Maple Pecan Pie II



Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



880 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 1 cup butter shortening chilled flavored
- ☐ 0.5 cup plus light
- ☐ 0.5 cup plus dark
- ☐ 1 eggs beaten
- ☐ 1 egg white
- ☐ 4 eggs beaten
- ☐ 3 cups flour all-purpose

- ☐ 0.3 cup ice water
- ☐ 0.5 cup real maple syrup
- ☐ 2 teaspoons maple syrup
- ☐ 1.3 cups pecans chopped
- ☐ 0.3 teaspoon salt
- ☐ 2.5 teaspoons vanilla extract
- ☐ 1 tablespoon distilled vinegar white
- ☐ 0.8 cup sugar white

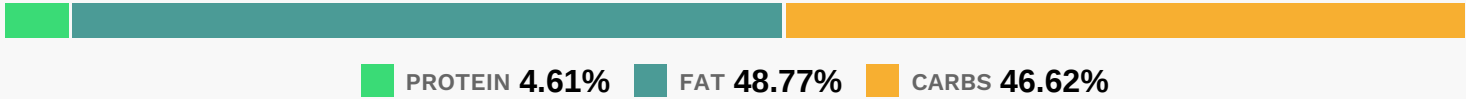
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ blender
- ☐ plastic wrap

Directions

- ☐ Sift together flour, 1 teaspoon salt and 1 teaspoon sugar into mixing bowl.
- ☐ Cut in shortening with a pastry blender until mixture resembles cornmeal.
- ☐ Combine water, vinegar and 1 egg; add liquid one tablespoon at a time, sprinkling over flour mixture and tossing with a fork to form soft dough. Shape into three discs. Wrap with plastic wrap. Refrigerate 3 to 24 hours. Extra pastry may be frozen for later use.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Line a 9 inch pie plate with pastry.
- ☐ Brush inside of unbaked pie shell with slightly beaten egg white.
- ☐ Mix 3/4 cup sugar, syrups, vanilla and salt with 4 beaten eggs until blended. Stir in pecans and melted butter.
- ☐ Pour filling into pie shell.
- ☐ Bake for 45 to 55 minutes or until center is set.
- ☐ Remove from oven and brush hot pie top with maple syrup. Cool and store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:54.64, Glycemic Load:62.42, Inflammation Score:-5, Nutrition Score:17.070869569545%

Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Delphinidin: 1.24mg, Delphinidin: 1.24mg, Delphinidin: 1.24mg, Delphinidin: 1.24mg Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg Epigallocatechin: 0.96mg, Epigallocatechin: 0.96mg, Epigallocatechin: 0.96mg, Epigallocatechin: 0.96mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg

Nutrients (% of daily need)

Calories: 880.41kcal (44.02%), Fat: 48.74g (74.99%), Saturated Fat: 13.25g (82.84%), Carbohydrates: 104.85g (34.95%), Net Carbohydrates: 101.95g (37.07%), Sugar: 65.82g (73.13%), Cholesterol: 122.64mg (40.88%), Sodium: 229.78mg (9.99%), Alcohol: 0.43g (100%), Alcohol %: 0.24% (100%), Protein: 10.36g (20.72%), Manganese: 1.62mg (81.18%), Vitamin B2: 0.68mg (40.21%), Selenium: 26.71µg (38.16%), Vitamin B1: 0.53mg (35.11%), Folate: 102.89µg (25.72%), Iron: 3.22mg (17.92%), Phosphorus: 157.58mg (15.76%), Vitamin E: 2.35mg (15.64%), Copper: 0.31mg (15.39%), Vitamin B3: 3.02mg (15.11%), Vitamin K: 15.11µg (14.39%), Fiber: 2.9g (11.6%), Zinc: 1.72mg (11.49%), Magnesium: 41.6mg (10.4%), Vitamin B5: 0.97mg (9.71%), Vitamin A: 394.4IU (7.89%), Calcium: 68.38mg (6.84%), Potassium: 227.41mg (6.5%), Vitamin B6: 0.11mg (5.31%), Vitamin B12: 0.26µg (4.4%), Vitamin D: 0.55µg (3.67%)