



Maple Pecan Pie in Wheat-Flavored Crust

READY IN



45 min.

SERVINGS



8

CALORIES



525 kcal

DESSERT

Ingredients

- ☐ 0.5 cup plus light
- ☐ 3 large eggs
- ☐ 0.8 cup brown sugar packed ()
- ☐ 0.8 cup maple syrup pure
- ☐ 1.5 cups pecans
- ☐ 8 servings pie crust dough
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup butter unsalted ()
- ☐ 1 teaspoon vanilla extract

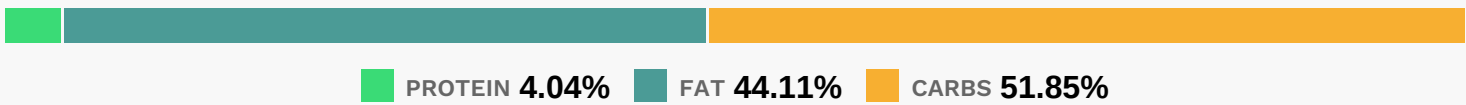
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ measuring cup
- ☐ pie form

Directions

- ☐ Stir syrup, brown sugar, corn syrup and butter in medium saucepan over medium heat until sugar dissolves and butter melts. Increase heat and boil 1 minute. Cool to lukewarm, about 45 minutes.
- ☐ Position rack in bottom third of oven and preheat to 350°F.
- ☐ Roll out crust dough on lightly floured surface to 13-inch round.
- ☐ Transfer to 9-inch-diameter glass pie dish. Trim dough overhang to 1 inch. Fold edge under, forming high-standing rim; crimp decoratively. Freeze crust until firm, about 20 minutes.
- ☐ Whisk eggs, vanilla and salt in 4-cup measuring cup to blend. Gradually whisk maple syrup mixture into egg mixture. Stir in pecan halves.
- ☐ Pour filling into crust.
- ☐ Bake pie until filling is slightly puffed around edges and center is set, about 55 minutes. Cool pie completely on rack. (Can be prepared 8 hours ahead.
- ☐ Let stand at room temperature.)
- ☐ Cut pie into wedges and serve.

Nutrition Facts



Properties

Glycemic Index:8.19, Glycemic Load:10.61, Inflammation Score:-3, Nutrition Score:11.140869617462%

Flavonoids

Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg Delphinidin: 1.35mg, Delphinidin: 1.35mg, Delphinidin: 1.35mg, Delphinidin: 1.35mg Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3–gallate: 0.43mg, Epigallocatechin 3–gallate: 0.43mg, Epigallocatechin 3–gallate: 0.43mg, Epigallocatechin 3–gallate: 0.43mg

Nutrients (% of daily need)

Calories: 524.69kcal (26.23%), Fat: 26.48g (40.75%), Saturated Fat: 7.11g (44.45%), Carbohydrates: 70.06g (23.35%), Net Carbohydrates: 67.74g (24.63%), Sugar: 55.34g (61.48%), Cholesterol: 85mg (28.33%), Sodium: 208.74mg (9.08%), Alcohol: 0.17g (100%), Alcohol %: 0.16% (100%), Protein: 5.46g (10.92%), Manganese: 1.64mg (82.18%), Vitamin B2: 0.53mg (31.31%), Vitamin B1: 0.22mg (14.76%), Copper: 0.26mg (13.17%), Selenium: 8.14µg (11.63%), Phosphorus: 106.4mg (10.64%), Zinc: 1.5mg (9.98%), Fiber: 2.31g (9.25%), Magnesium: 36.51mg (9.13%), Iron: 1.53mg (8.51%), Calcium: 82.13mg (8.21%), Folate: 28.19µg (7.05%), Potassium: 220.62mg (6.3%), Vitamin A: 289.13IU (5.78%), Vitamin B5: 0.57mg (5.69%), Vitamin E: 0.72mg (4.79%), Vitamin B6: 0.09mg (4.51%), Vitamin B3: 0.86mg (4.29%), Vitamin D: 0.48µg (3.21%), Vitamin B12: 0.18µg (2.98%), Vitamin K: 2.75µg (2.62%)