



Maple Sugar Pie



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



352 kcal

DESSERT

Ingredients

- ☐ 3 large eggs
- ☐ 0.7 cup brown sugar light packed
- ☐ 1 cup maple syrup
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup butter unsalted melted
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 cup walnuts toasted coarsely chopped

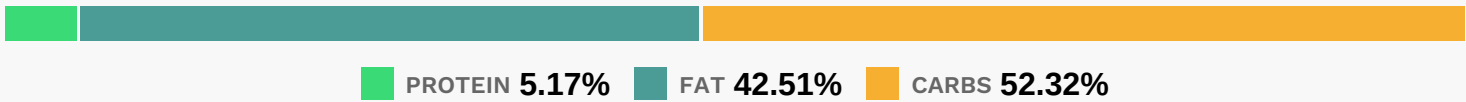
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ rolling pin

Directions

- ☐ Arrange oven rack in middle position and top with heavy baking sheet. Preheat oven to 425°F.
- ☐ On lightly floured surface using lightly floured rolling pin, roll out dough to 13-inch round. Fit into 9-inch pie plate. Trim edge, leaving 1/2-inch overhang, then fold over and crimp decoratively. Chill shell 30 minutes.
- ☐ Scatter walnuts in shell. In medium bowl, whisk together eggs, maple syrup, butter, vanilla, brown sugar, and salt.
- ☐ Pour mixture into pie shell over nuts.
- ☐ Transfer pie to baking sheet and bake 10 minutes. Reduce oven temperature to 350° F and bake until crust is golden and center is just set, 25 to 30 minutes more.
- ☐ Transfer pie to rack and cool at least 10 minutes before cutting.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:7.06, Glycemic Load:10.1, Inflammation Score:-3, Nutrition Score:9.4756523001453%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg

Nutrients (% of daily need)

Calories: 352.38kcal (17.62%), Fat: 17.07g (26.27%), Saturated Fat: 5.13g (32.05%), Carbohydrates: 47.28g (15.76%), Net Carbohydrates: 46.3g (16.84%), Sugar: 42.39g (47.1%), Cholesterol: 85mg (28.33%), Sodium: 72.81mg (3.17%), Alcohol: 0.09g (100%), Alcohol %: 0.11% (100%), Protein: 4.67g (9.34%), Manganese: 1.44mg (72.15%), Vitamin B2: 0.62mg (36.56%), Copper: 0.26mg (12.8%), Selenium: 6.76µg (9.66%), Phosphorus: 90.18mg (9.02%), Magnesium:

35.63mg (8.91%), Calcium: 85.67mg (8.57%), Zinc: 0.99mg (6.59%), Potassium: 207.4mg (5.93%), Vitamin B6: 0.12mg (5.91%), Folate: 23.54µg (5.89%), Vitamin A: 281.45IU (5.63%), Vitamin B1: 0.08mg (5.62%), Iron: 0.93mg (5.17%), Vitamin B5: 0.4mg (4.03%), Fiber: 0.98g (3.92%), Vitamin D: 0.48µg (3.21%), Vitamin E: 0.46mg (3.09%), Vitamin B12: 0.18µg (2.98%), Vitamin B3: 0.23mg (1.17%)