

Maple Walnut Pie

READY IN



60 min.

SERVINGS



8

CALORIES



466 kcal

DESSERT

Ingredients

- 0.5 cup brown sugar
- 3 tablespoons butter
- 3 eggs
- 2 tablespoons flour all-purpose
- 1.5 teaspoons maple extract flavored
- 1.3 cups maple syrup
- 0.3 teaspoon salt
- 19-inch pie crust dough ()
- 1 cup walnut halves

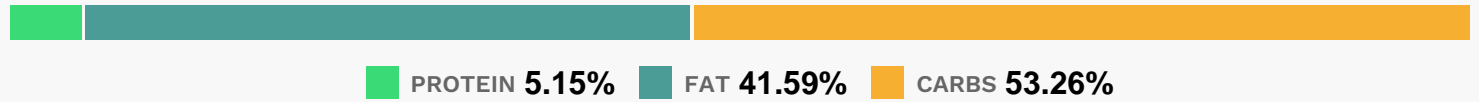
Equipment

- bowl
- sauce pan
- oven

Directions

- Preheat oven to 375 degrees F (190 degrees C.)
- In a saucepan,
- Mix brown sugar and flour.
- Add maple syrup, butter and salt.
- Heat until butter melts, stirring constantly.
- In a medium bowl, beat eggs with maple flavoring. Stir in sugar mixture.
- Pour into unbaked pie shell and sprinkle with walnuts.
- Bake in the preheated oven for 40 to 45 minutes, or until filling is set.

Nutrition Facts



Properties

Glycemic Index:22.69, Glycemic Load:13.62, Inflammation Score:-3, Nutrition Score:11.993912913877%

Flavonoids

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

Nutrients (% of daily need)

Calories: 466.05kcal (23.3%), Fat: 21.9g (33.69%), Saturated Fat: 6.15g (38.46%), Carbohydrates: 63.1g (21.03%), Net Carbohydrates: 61.45g (22.34%), Sugar: 43.94g (48.82%), Cholesterol: 72.67mg (24.22%), Sodium: 240.82mg (10.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.1g (12.19%), Manganese: 1.79mg (89.67%), Vitamin B2: 0.79mg (46.46%), Copper: 0.27mg (13.62%), Vitamin B1: 0.17mg (11.56%), Selenium: 8.06µg (11.51%), Folate: 43.31µg (10.83%), Phosphorus: 105.11mg (10.51%), Magnesium: 41.16mg (10.29%), Calcium: 96.16mg (9.62%), Iron: 1.61mg (8.92%), Zinc: 1.15mg (7.68%), Potassium: 246.29mg (7.04%), Fiber: 1.66g (6.62%), Vitamin B6: 0.13mg (6.29%), Vitamin B3: 1.02mg (5.1%), Vitamin B5: 0.47mg (4.7%), Vitamin A: 223.47IU (4.47%), Vitamin E: 0.51mg

(3.42%), Vitamin B12: 0.16µg (2.6%), Vitamin K: 2.64µg (2.52%), Vitamin D: 0.33µg (2.2%)