



Mock Pecan Pie II

READY IN



55 min.

SERVINGS



8

CALORIES



384 kcal

DESSERT

Ingredients

- 0.5 cup brown sugar packed
- 1 cup plus dark
- 3 eggs
- 0.5 teaspoon ground cinnamon
- 1 pinch ground cloves
- 1 pinch salt
- 19-inch unbaked pie crust ()
- 0.3 cup butter unsalted
- 1.3 cups wheat and barley flake cereal

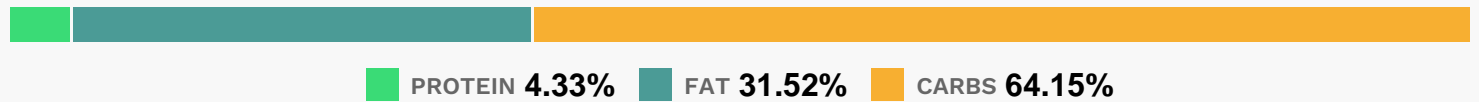
Equipment

- oven
- knife
- mixing bowl

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a medium mixing bowl, cream together butter or margarine and brown sugar.
- Mix in cinnamon, cloves, and salt.
- Add corn syrup and blend until smooth.
- Add eggs one at a time, mixing after each addition. Gently stir in cereal.
- Pour mixture into pastry shell.
- Bake in preheated oven for 45 minutes, until knife inserted in center comes out clean. Cool before serving.

Nutrition Facts



Properties

Glycemic Index:20.91, Glycemic Load:32.58, Inflammation Score:-4, Nutrition Score:7.8069564989242%

Nutrients (% of daily need)

Calories: 383.71kcal (19.19%), Fat: 13.97g (21.5%), Saturated Fat: 6.23g (38.91%), Carbohydrates: 63.98g (21.33%), Net Carbohydrates: 62.14g (22.6%), Sugar: 47.64g (52.93%), Cholesterol: 76.63mg (25.54%), Sodium: 235.02mg (10.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.32g (8.64%), Manganese: 0.42mg (20.96%), Folate: 67.3µg (16.83%), Iron: 2.96mg (16.43%), Selenium: 11.25µg (16.07%), Vitamin B2: 0.21mg (12.45%), Vitamin B1: 0.16mg (10.78%), Vitamin B3: 1.76mg (8.8%), Phosphorus: 85.77mg (8.58%), Vitamin A: 423.26IU (8.47%), Vitamin B12: 0.47µg (7.86%), Vitamin B6: 0.16mg (7.84%), Fiber: 1.84g (7.36%), Magnesium: 24.94mg (6.23%), Copper: 0.09mg (4.63%), Zinc: 0.67mg (4.45%), Vitamin B5: 0.44mg (4.45%), Vitamin D: 0.64µg (4.28%), Calcium: 38.86mg (3.89%), Potassium: 119.74mg (3.42%), Vitamin E: 0.5mg (3.37%), Vitamin K: 2.52µg (2.4%)