



## Molasses-Bourbon Pecan Pie

READY IN



210 min.

SERVINGS



10

CALORIES



485 kcal

DESSERT

### Ingredients

- 1 tablespoon apple cider vinegar
- 2 tablespoons bourbon
- 2 large eggs
- 1.3 cups flour for dusting all-purpose plus more
- 1 tablespoon granulated sugar
- 0.7 cup brown sugar light packed
- 0.5 cup blackstrap molasses (not blackstrap)
- 2.3 cups pecans
- 0.5 teaspoon salt

- 6 tablespoons butter unsalted
- 6 tablespoons butter unsalted cold cut into small pieces
- 2 tablespoons vegetable shortening cold

## Equipment

- food processor
- bowl
- frying pan
- baking sheet
- oven
- whisk
- plastic wrap
- aluminum foil
- spatula

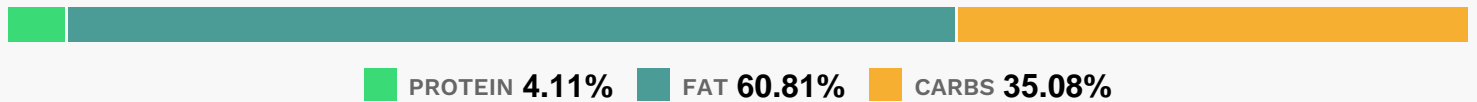
## Directions

- Make the crust: Pulse the flour, 2 tablespoons butter, the shortening, granulated sugar and salt in a food processor until it looks like fine meal.
- Add the remaining 4 tablespoons butter and pulse until it is in pea-size pieces.
- Drizzle in the vinegar and 2 tablespoons cold water and pulse until the dough just comes together. Turn out onto a piece of plastic wrap; use the plastic to help form the dough into a disk. Wrap tightly and refrigerate until firm, at least 1 hour or overnight. (The dough can be frozen for up to 2 months; thaw at room temperature.)
- Roll out the dough into a 12-inch round on a lightly floured surface. Ease into a 9-inch pie plate, fold the overhanging dough under itself and crimp the edge with your fingers. Chill at least 30 minutes.
- Meanwhile, make the filling: Position a rack in the lower third of the oven; preheat to 425 degrees F.
- Spread the pecans on a baking sheet and toast until darkened, about 8 minutes.
- Transfer to a plate and return the empty baking sheet to the lower oven rack. Melt the butter in a small skillet over medium heat and cook, stirring with a rubber spatula, until brown flecks

appear, about 8 minutes; let cool slightly.

- Whisk the browned butter, eggs, brown sugar, molasses, bourbon and salt in a bowl. Scatter the toasted pecans in the prepared crust; pour in the brown sugar mixture.
- Put the pie directly on the hot baking sheet in the oven and reduce the temperature to 325 degrees F.
- Bake until the crust is golden brown and the filling is set, 45 to 55 minutes. (Cover the edge with foil if it is browning too quickly.)
- Transfer to a rack and let cool at least 1 hour before serving.
- Photograph by Johnny Miller

## Nutrition Facts



## Properties

Glycemic Index:25.41, Glycemic Load:15.1, Inflammation Score:-6, Nutrition Score:11.820434759492%

## Flavonoids

Cyanidin: 2.39mg, Cyanidin: 2.39mg, Cyanidin: 2.39mg, Cyanidin: 2.39mg Delphinidin: 1.62mg, Delphinidin: 1.62mg, Delphinidin: 1.62mg, Delphinidin: 1.62mg Catechin: 1.61mg, Catechin: 1.61mg, Catechin: 1.61mg, Catechin: 1.61mg Epigallocatechin: 1.25mg, Epigallocatechin: 1.25mg, Epigallocatechin: 1.25mg, Epigallocatechin: 1.25mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg

## Nutrients (% of daily need)

Calories: 484.64kcal (24.23%), Fat: 33.35g (51.31%), Saturated Fat: 10.99g (68.67%), Carbohydrates: 43.29g (14.43%), Net Carbohydrates: 40.73g (14.81%), Sugar: 28.99g (32.21%), Cholesterol: 73.32mg (24.44%), Sodium: 143.2mg (6.23%), Alcohol: 1g (100%), Alcohol %: 1.21% (100%), Protein: 5.08g (10.15%), Manganese: 1.38mg (69.21%), Copper: 0.39mg (19.48%), Vitamin B1: 0.28mg (18.81%), Magnesium: 74.1mg (18.53%), Selenium: 12.57µg (17.95%), Iron: 2.37mg (13.19%), Potassium: 392.6mg (11.22%), Phosphorus: 108.46mg (10.85%), Fiber: 2.56g (10.24%), Vitamin A: 486.31IU (9.73%), Folate: 38.84µg (9.71%), Vitamin B6: 0.19mg (9.51%), Vitamin B2: 0.16mg (9.31%), Zinc: 1.32mg (8.79%), Calcium: 74.5mg (7.45%), Vitamin B3: 1.37mg (6.85%), Vitamin E: 0.97mg (6.49%), Vitamin B5: 0.6mg (6.05%), Vitamin K: 3.39µg (3.23%), Vitamin D: 0.45µg (3.01%), Vitamin B12: 0.12µg (1.96%)