



Mystery Pecan Pie

READY IN



45 min.

SERVINGS



8

CALORIES



668 kcal

DESSERT

Ingredients

- 1 cup plus light
- 8 ounce cream cheese softened
- 4 large eggs divided
- 1 cup pecans chopped
- 15 ounce piecrusts refrigerated
- 0.3 teaspoon salt
- 0.8 cup sugar divided
- 2 teaspoons vanilla divided

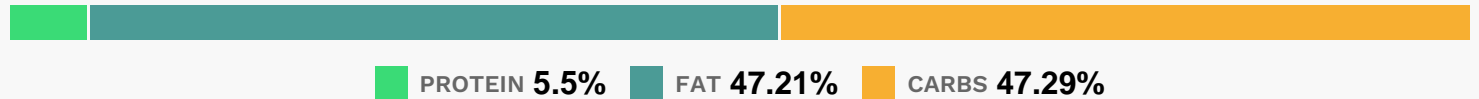
Equipment

- oven
- hand mixer

Directions

- Unfold and stack 2 piecrusts; gently roll or press together. Fit into a 9-inch pieplate according to package directions; fold edges under, and crimp.
- Beat cream cheese, 1 egg, 1/2 cup sugar, 1 teaspoon vanilla, and salt at medium speed with an electric mixer until smooth.
- Pour into piecrust.
- Sprinkle with pecans.
- Stir together corn syrup, remaining eggs, remaining 1/4 cup sugar, and remaining 1 teaspoon vanilla; pour mixture over pecans.
- Bake at 350 for 50 to 55 minutes or until set.

Nutrition Facts



Properties

Glycemic Index:15.76, Glycemic Load:19.79, Inflammation Score:-4, Nutrition Score:10.628260931243%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg

Nutrients (% of daily need)

Calories: 667.74kcal (33.39%), Fat: 35.94g (55.3%), Saturated Fat: 11.69g (73.05%), Carbohydrates: 81.02g (27.01%), Net Carbohydrates: 78.38g (28.5%), Sugar: 53.27g (59.19%), Cholesterol: 121.63mg (40.54%), Sodium: 441.3mg (19.19%), Alcohol: 0.34g (100%), Alcohol %: 0.24% (100%), Protein: 9.42g (18.84%), Manganese: 0.86mg (43.07%), Selenium: 14.07µg (20.1%), Vitamin B1: 0.28mg (18.53%), Vitamin B2: 0.29mg (17.18%), Phosphorus: 155.91mg

(15.59%), Folate: 54.51µg (13.63%), Iron: 2.21mg (12.26%), Copper: 0.23mg (11.43%), Fiber: 2.64g (10.55%), Vitamin A: 523.9IU (10.48%), Zinc: 1.51mg (10.08%), Vitamin B5: 0.88mg (8.78%), Vitamin B3: 1.64mg (8.22%), Magnesium: 30.56mg (7.64%), Calcium: 67.02mg (6.7%), Vitamin E: 0.94mg (6.28%), Vitamin B6: 0.11mg (5.69%), Potassium: 181.64mg (5.19%), Vitamin K: 5.03µg (4.79%), Vitamin B12: 0.28µg (4.75%), Vitamin D: 0.5µg (3.33%)