



New Orleans Pecan Pie

 Vegetarian

READY IN



40 min.

SERVINGS



8

CALORIES



417 kcal

DESSERT

Ingredients

- 1 cup sugar
- 0.3 cup flour all-purpose
- 0.3 teaspoon salt
- 1 cup cream sour
- 2 large eggs separated
- 0.5 teaspoon vanilla extract
- 1 puff pastry shells (9 inches)
- 1 cup brown sugar packed

1 cup pecans chopped

Equipment

bowl

frying pan

sauce pan

oven

Directions

For filling, in a large saucepan, combine the sugar, flour and salt. Stir in sour cream until smooth. Cook and stir over medium-high heat until thickened and bubbly. Reduce heat to low; cook and stir for 2 minutes longer.

Remove from the heat. Stir a small amount of hot filling into egg yolks; return all to the pan, stirring constantly. Bring to a gentle boil; cook and stir for 2 minutes.

Remove from the heat; gently stir in vanilla.

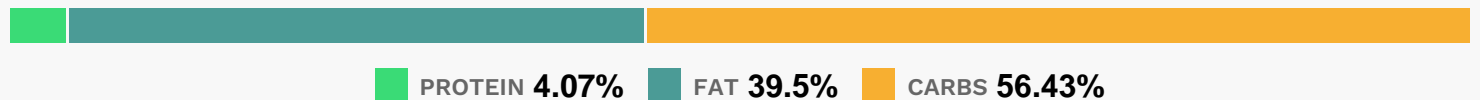
Pour into baked pie shell; set aside.

In large bowl, beat egg whites until soft peaks form. Gradually add brown sugar; beat until stiff peaks form.

Spread meringue over warm filling; sprinkle with pecans.

Bake at 350° for 12–15 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:26.39, Glycemic Load:21.1, Inflammation Score:-3, Nutrition Score:6.757391312848%

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: 417.01kcal (20.85%), Fat: 18.93g (29.13%), Saturated Fat: 4.71g (29.44%), Carbohydrates: 60.85g (20.28%), Net Carbohydrates: 59.35g (21.58%), Sugar: 53.28g (59.2%), Cholesterol: 63.46mg (21.15%), Sodium: 122.01mg (5.3%), Alcohol: 0.09g (100%), Alcohol %: 0.09% (100%), Protein: 4.39g (8.78%), Manganese: 0.69mg (34.72%), Selenium: 8.65µg (12.35%), Vitamin B1: 0.15mg (10.32%), Copper: 0.2mg (10.25%), Vitamin B2: 0.16mg (9.65%), Phosphorus: 93.2mg (9.32%), Calcium: 69.9mg (6.99%), Magnesium: 25.17mg (6.29%), Zinc: 0.94mg (6.29%), Iron: 1.12mg (6.24%), Fiber: 1.5g (6.01%), Folate: 22.6µg (5.65%), Vitamin A: 254.3IU (5.09%), Vitamin B5: 0.46mg (4.59%), Potassium: 154.27mg (4.41%), Vitamin B6: 0.08mg (3.8%), Vitamin B3: 0.7mg (3.51%), Vitamin E: 0.47mg (3.1%), Vitamin B12: 0.17µg (2.86%), Vitamin K: 1.9µg (1.81%), Vitamin D: 0.25µg (1.67%)