



Nineteen Sixty-Five Mystery Pie

READY IN



45 min.

SERVINGS



6

CALORIES



452 kcal

DESSERT

Ingredients

- ☐ 0.3 cup brown sugar
- ☐ 20 buttery round crackers crushed
- ☐ 0.5 teaspoon cream of tartar
- ☐ 3 egg whites
- ☐ 0.8 cup pecans chopped
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup whipping cream
- ☐ 1 cup sugar white

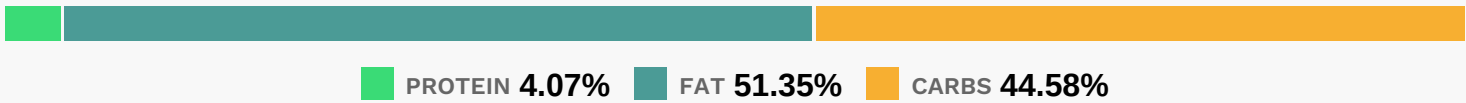
Equipment

- ☐ bowl
- ☐ oven
- ☐ mixing bowl
- ☐ pie form

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Generously grease an 8 inch pie pan.
- ☐ In a large glass or metal mixing bowl, beat egg whites and cream of tartar until foamy. Gradually add sugar, continuing to beat until whites form stiff peaks. Fold in crackers, 3/4 cup pecans, and vanilla extract.
- ☐ Pour mixture into pie pan.
- ☐ Bake in preheated oven for 25 to 30 minutes, until firm and lightly browned.
- ☐ Remove and cool.
- ☐ In a medium bowl, combine whipping cream and brown sugar. Beat until soft peaks form.
- ☐ Spread over cooled pie.
- ☐ Sprinkle with 1/4 cup pecans and refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:13.35, Glycemic Load:23.33, Inflammation Score:-4, Nutrition Score:6.8482608056587%

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: 451.75kcal (22.59%), Fat: 26.58g (40.9%), Saturated Fat: 10.51g (65.69%), Carbohydrates: 51.91g (17.3%), Net Carbohydrates: 50.37g (18.32%), Sugar: 44.86g (49.85%), Cholesterol: 44.82mg (14.94%), Sodium: 126.9mg (5.52%), Alcohol: 0.23g (100%), Alcohol %: 0.24% (100%), Protein: 4.75g (9.49%), Manganese: 0.68mg (33.92%), Vitamin A: 590.73IU (11.81%), Vitamin B2: 0.19mg (11.27%), Copper: 0.19mg (9.57%), Vitamin B1: 0.14mg (9.52%), Phosphorus: 90.72mg (9.07%), Selenium: 5.48µg (7.83%), Vitamin K: 6.75µg (6.42%), Fiber: 1.54g (6.15%), Vitamin E: 0.9mg (6.03%), Calcium: 60.2mg (6.02%), Magnesium: 23.72mg (5.93%), Potassium: 184.99mg (5.29%), Zinc: 0.79mg (5.24%), Iron: 0.94mg (5.2%), Vitamin D: 0.63µg (4.23%), Vitamin B3: 0.7mg (3.51%), Folate: 12.48µg (3.12%), Vitamin B5: 0.3mg (2.97%), Vitamin B6: 0.05mg (2.66%), Vitamin B12: 0.08µg (1.28%)