



Oat-Crusted Pecan Pie with Fresh Cranberry Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



327 kcal

DESSERT

Ingredients

- 0.8 cup brown sugar packed
- 1 tablespoon butter melted
- 3.5 tablespoons butter cold cut into small pieces
- 0.7 cup light-colored corn syrup
- 0.5 teaspoon cornstarch
- 1.5 cups cranberries fresh
- 1 large egg white

- 2 large eggs
- 3 tablespoons flour all-purpose
- 0.7 cup granulated sugar
- 3 tablespoons granulated sugar
- 1 tablespoon ice water
- 3 tablespoons blackstrap molasses
- 1.8 cups old-fashioned rolled oats
- 0.5 cup orange juice fresh
- 0.7 cup pecan halves
- 0.3 teaspoon salt
- 0.5 teaspoon vanilla extract
- 0.3 cup water

Equipment

- food processor
- bowl
- sauce pan
- oven
- whisk
- wire rack

Directions

- Preheat the oven to 40
- To prepare crust, place the first 3 ingredients in a food processor, and process until finely ground (about 30 seconds).
- Add butter, and pulse 5 times or until combined.
- Add 1 tablespoon ice water; pulse just until combined (mixture will be crumbly). Press oat mixture into the bottom and up sides of a 9-inch deep-dish pie plate coated with cooking spray.

- Bake at 400 for 15 minutes or until lightly browned. Cool for 5 minutes on a wire rack.
- Reduce oven temperature to 35
- To prepare filling, combine brown sugar and next 8 ingredients (through egg white) in a medium bowl, stirring well. Stir in pecan halves. Spoon filling into prepared crust.
- Bake at 350 for 48 minutes or until center is set. Cool to room temperature on a wire rack.
- To prepare sauce, combine cranberries, 2/3 cup granulated sugar, and juice in a small saucepan over medium-high heat; bring to a boil. Reduce heat, and simmer until cranberries begin to pop, about 3 minutes, stirring occasionally.
- Combine 1/4 cup water and cornstarch in a small bowl, stirring with a whisk. Stir cornstarch mixture into cranberry mixture; bring to a boil. Cook 1 minute, stirring often; remove from heat. Cool completely.
- Cut pie into 12 wedges; serve with sauce.

Nutrition Facts



Properties

Glycemic Index:43.77, Glycemic Load:19.06, Inflammation Score:-3, Nutrition Score:7.0817391405935%

Flavonoids

Cyanidin: 6.39mg, Cyanidin: 6.39mg, Cyanidin: 6.39mg, Cyanidin: 6.39mg Delphinidin: 1.36mg, Delphinidin: 1.36mg, Delphinidin: 1.36mg, Delphinidin: 1.36mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 6.14mg, Peonidin: 6.14mg, Peonidin: 6.14mg, Peonidin: 6.14mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 326.52kcal (16.33%), Fat: 9.93g (15.28%), Saturated Fat: 3.44g (21.49%), Carbohydrates: 58.78g (19.59%), Net Carbohydrates: 56.54g (20.56%), Sugar: 47.52g (52.8%), Cholesterol: 42.29mg (14.1%), Sodium: 117.62mg

(5.11%), Alcohol: 0.06g (100%), Alcohol %: 0.06% (100%), Protein: 3.8g (7.6%), Manganese: 0.82mg (41.25%), Selenium: 8.72µg (12.46%), Magnesium: 40.29mg (10.07%), Fiber: 2.24g (8.98%), Phosphorus: 89.16mg (8.92%), Vitamin B1: 0.13mg (8.88%), Vitamin C: 6.98mg (8.46%), Copper: 0.17mg (8.31%), Iron: 1.27mg (7.05%), Zinc: 0.93mg (6.18%), Potassium: 207.29mg (5.92%), Vitamin B2: 0.1mg (5.6%), Vitamin B6: 0.09mg (4.46%), Vitamin B5: 0.44mg (4.42%), Calcium: 43.04mg (4.3%), Vitamin A: 207.44IU (4.15%), Folate: 15.97µg (3.99%), Vitamin E: 0.51mg (3.37%), Vitamin B3: 0.44mg (2.18%), Vitamin B12: 0.09µg (1.43%), Vitamin K: 1.46µg (1.39%), Vitamin D: 0.17µg (1.11%)