

Old-Fashioned Honey Pecan Pie

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



286 kcal

DESSERT

Ingredients

- 3 tablespoons butter
- 3 eggs beaten
- 1 pinch nutmeg
- 1 cup honey
- 1 cup pecans chopped
- 1 teaspoon vanilla extract

Equipment

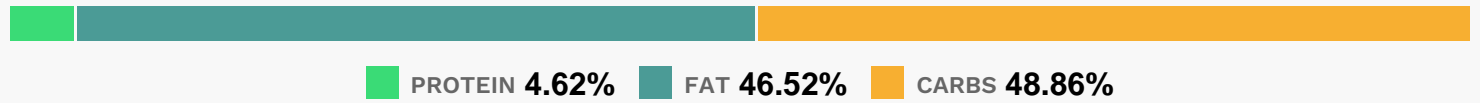
- sauce pan

oven

Directions

- In a saucepan bring the honey to a boil. Quickly beat the eggs into the honey.
- Add butter, vanilla, nuts, and nutmeg.
- Pour into the pie shell.
- Bake at 325 degrees F (165 degrees C) for 25 minutes or until set.

Nutrition Facts



Properties

Glycemic Index:22.78, Glycemic Load:18.29, Inflammation Score:-2, Nutrition Score:5.3656521128572%

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: 286.3kcal (14.32%), Fat: 15.68g (24.13%), Saturated Fat: 4.09g (25.56%), Carbohydrates: 37.06g (12.35%), Net Carbohydrates: 35.64g (12.96%), Sugar: 35.49g (39.44%), Cholesterol: 72.67mg (24.22%), Sodium: 58.95mg (2.56%), Alcohol: 0.17g (100%), Alcohol %: 0.28% (100%), Protein: 3.51g (7.02%), Manganese: 0.66mg (32.82%), Copper: 0.19mg (9.61%), Selenium: 5.98µg (8.54%), Phosphorus: 73.66mg (7.37%), Vitamin B2: 0.11mg (6.56%), Vitamin B1: 0.1mg (6.49%), Zinc: 0.93mg (6.21%), Fiber: 1.42g (5.68%), Magnesium: 19.71mg (4.93%), Vitamin A: 228.05IU (4.56%), Iron: 0.82mg (4.54%), Vitamin B5: 0.41mg (4.05%), Vitamin B6: 0.07mg (3.37%), Vitamin E: 0.49mg (3.24%), Folate: 11.85µg (2.96%), Potassium: 103.11mg (2.95%), Vitamin B12: 0.16µg (2.6%), Calcium: 22.86mg (2.29%), Vitamin D: 0.33µg (2.2%), Vitamin B3: 0.23mg (1.15%)