



WHATSheATE



Old-Fashioned Pecan Pie



Gluten Free

READY IN



300 min.

SERVINGS



8

CALORIES



659 kcal

DESSERT

Ingredients

- ☐ 0.8 cup plus light
- ☐ 3 large eggs
- ☐ 1.3 cups brown sugar light packed
- ☐ 0.5 teaspoon orange zest grated
- ☐ 0.5 pound pecans
- ☐ 0.3 teaspoon salt
- ☐ 0.8 stick butter unsalted
- ☐ 2 teaspoon vanilla extract pure

☐ 8 servings whipped cream

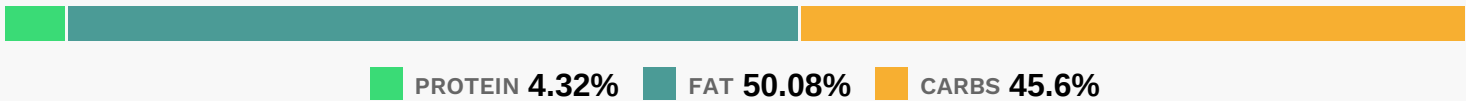
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ rolling pin

Directions

- ☐ Preheat oven to 350°F with a baking sheet on middle rack.
- ☐ Roll out dough on a lightly floured surface with a lightly floured rolling pin into a 12-inch round and fit into a 9-inch pie plate. Trim edge, leaving a 1/2-inch overhang. Fold overhang under and lightly press against rim of pie plate, then crimp decoratively. Lightly prick bottom all over with a fork. Chill until firm, at least 30 minutes (or freeze 10 minutes).
- ☐ Meanwhile, melt butter in a small heavy saucepan over medium heat.
- ☐ Add brown sugar, whisking until smooth.
- ☐ Remove from heat and whisk in corn syrup, vanilla, zest, and salt. Lightly beat eggs in a medium bowl, then whisk in corn syrup mixture.
- ☐ Put pecans in pie shell and pour corn syrup mixture evenly over them.
- ☐ Bake on hot baking sheet until filling is set, 50 minutes to 1 hour. Cool completely.
- ☐ Pie can be baked 1 day ahead and chilled. Bring to room temperature before serving

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:14.01, Inflammation Score:-5, Nutrition Score:12.13739113704%

Flavonoids

Cyanidin: 3.04mg, Cyanidin: 3.04mg, Cyanidin: 3.04mg, Cyanidin: 3.04mg Delphinidin: 2.06mg, Delphinidin: 2.06mg, Delphinidin: 2.06mg, Delphinidin: 2.06mg Catechin: 2.05mg, Catechin: 2.05mg, Catechin: 2.05mg, Catechin: 2.05mg Epigallocatechin: 1.6mg, Epigallocatechin: 1.6mg, Epigallocatechin: 1.6mg, Epigallocatechin: 1.6mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg

Nutrients (% of daily need)

Calories: 659.38kcal (32.97%), Fat: 38.11g (58.63%), Saturated Fat: 12.26g (76.64%), Carbohydrates: 78.09g (26.03%), Net Carbohydrates: 74.89g (27.23%), Sugar: 73.22g (81.35%), Cholesterol: 121.57mg (40.52%), Sodium: 182.8mg (7.95%), Alcohol: 0.34g (100%), Alcohol %: 0.23% (100%), Protein: 7.41g (14.81%), Manganese: 1.31mg (65.56%), Copper: 0.39mg (19.38%), Phosphorus: 188.96mg (18.9%), Vitamin B2: 0.29mg (16.8%), Vitamin B1: 0.24mg (16.09%), Calcium: 150.41mg (15.04%), Zinc: 2.14mg (14.29%), Vitamin A: 660.25IU (13.2%), Fiber: 3.2g (12.79%), Selenium: 8.77µg (12.52%), Magnesium: 49.57mg (12.39%), Vitamin B5: 0.97mg (9.74%), Potassium: 323.79mg (9.25%), Iron: 1.35mg (7.52%), Vitamin B12: 0.44µg (7.37%), Vitamin E: 1.04mg (6.92%), Vitamin B6: 0.14mg (6.9%), Folate: 19.05µg (4.76%), Vitamin D: 0.67µg (4.44%), Vitamin B3: 0.47mg (2.35%), Vitamin K: 1.99µg (1.89%), Vitamin C: 0.88mg (1.06%)