



Old Fashioned Pecan Pie



Vegetarian



Gluten Free

READY IN



120 min.

SERVINGS



8

CALORIES



386 kcal

DESSERT

Ingredients

- ☐ 1 cup plus dark
- ☐ 1 tablespoon rum dark
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 cup brown sugar light well (you may use granulated as , or a mix of both)
- ☐ 1.5 cup pecan halves
- ☐ 2 tablespoon butter unsalted melted ()
- ☐ 1 teaspoon vanilla extract

Equipment

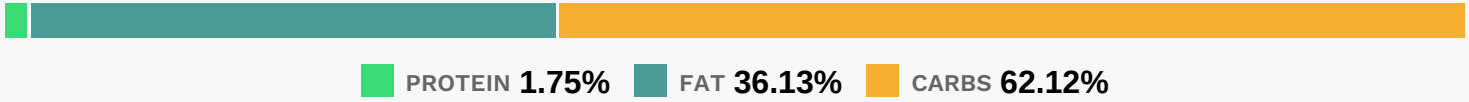
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ baking pan
- ☐ aluminum foil
- ☐ rolling pin
- ☐ pie form

Directions

- ☐ Prepare pie crust recipe (see notes). Divide dough in half, shape into 2 discs about 5-inches in diameter and 3/4-inch thick. Wrap in plastic. Refrigerate at least 1 hour (or up to 2 days), or freeze up to 1 month. On a lightly floured surface use a lightly floured rolling pin to roll out one disc of chilled dough to a 12-inch round, a generous 1/8-inch thick. Carefully fold dough in half, and slide it onto the rolling pin.
- ☐ Transfer to a 9-inch pie pan. Unfold the dough, easing it gently into the pie pan; do not stretch the dough. Fold the overhang inder creating a double thick rim. Crimp the edge decoratively with your fingers and use a fork to prick the bottom of the dough in several spots. Refrigerate for 30 minutes. Save second disc of dough for another purpose.
- ☐ Place oven rack in middle and bottom positions. Preheat oven to 400 degrees F. Cover prepared pie shell with parchment, leaving a bit of overhang, and add enough pie weights or dried beans to cover bottom.
- ☐ Bake on center rack for 15 minutes.
- ☐ Remove parchment and weights, and bake and center rack until barely golden, about 5 more minutes.
- ☐ Transfer to a wire rack to cool. Reduce oven temperature to 350 degrees F. In a small bowl, combine pecans with 1 tablespoon butter and salt.
- ☐ Spread on a baking pan and toast until fragrant, 8 to 10 minutes. Set aside to cool. Meanwhile, in a medium bowl, combine sugar, corn syrup, rum, vanilla, and remaining butter. Stir in eggs.
- ☐ Add toasted pecans.
- ☐ Pour filling into cooled crust. Cover lightly with foil.
- ☐ Bake on the bottom rack for 20 minutes.

- ☐
- Remove foil then continue to bake until the center of the pie feels gelatin-like when pressed with the back of a spoon, about 30 more minutes.
- ☐
- Transfer pan to a wire rack to cool.
- ☐
- Serve with whipped cream, if desired.

Nutrition Facts



Properties

Glycemic Index:14.38, Glycemic Load:29.85, Inflammation Score:-2, Nutrition Score:5.3543478486978%

Flavonoids

Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg Delphinidin: 1.35mg, Delphinidin: 1.35mg, Delphinidin: 1.35mg, Delphinidin: 1.35mg Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg

Nutrients (% of daily need)

Calories: 385.54kcal (19.28%), Fat: 16.2g (24.93%), Saturated Fat: 2.95g (18.41%), Carbohydrates: 62.7g (20.9%), Net Carbohydrates: 60.91g (22.15%), Sugar: 60.55g (67.28%), Cholesterol: 7.53mg (2.51%), Sodium: 219.56mg (9.55%), Alcohol: 0.8g (100%), Alcohol %: 1.07% (100%), Protein: 1.77g (3.53%), Manganese: 0.9mg (44.88%), Copper: 0.26mg (12.98%), Vitamin B1: 0.13mg (8.5%), Fiber: 1.78g (7.13%), Magnesium: 28.48mg (7.12%), Phosphorus: 58.15mg (5.82%), Zinc: 0.87mg (5.81%), Iron: 0.83mg (4.59%), Calcium: 44.48mg (4.45%), Potassium: 133.08mg (3.8%), Selenium: 2.31µg (3.3%), Vitamin B6: 0.05mg (2.72%), Vitamin E: 0.34mg (2.27%), Vitamin B5: 0.21mg (2.1%), Vitamin A: 97.86IU (1.96%), Vitamin B2: 0.03mg (1.75%), Vitamin B3: 0.26mg (1.3%), Folate: 4.46µg (1.12%)