



Orange-Pecan Pie

 Dairy Free

READY IN



145 min.

SERVINGS



8

CALORIES



622 kcal

DESSERT

Ingredients

- ☐ 1 cup flour all-purpose
- ☐ 1 tablespoon orange zest grated
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup shortening
- ☐ 2 tablespoons water cold
- ☐ 1 serving sugar
- ☐ 0.7 cup sugar
- ☐ 0.3 cup butter melted

- ☐ 1 cup plus
- ☐ 1 tablespoons orange juice orange-flavored
- ☐ 0.5 teaspoon salt
- ☐ 3 eggs
- ☐ 1 cup cashew pieces
- ☐ 0.3 cup semi chocolate chips
- ☐ 1 teaspoon shortening
- ☐ 0.3 cup sugar
- ☐ 1 tablespoon cornstarch
- ☐ 0.8 cup orange juice
- ☐ 2 tablespoons orange juice orange-flavored
- ☐ 1 tablespoon orange zest grated

Equipment

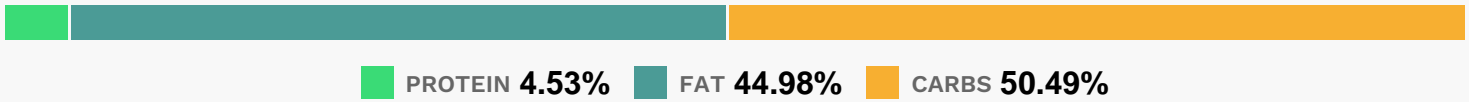
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ cookie cutter
- ☐ rolling pin

Directions

- ☐ In medium bowl, mix flour, 1 tablespoon orange peel and 1/2 teaspoon salt.
- ☐ Cut in 1/2 cup shortening, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until particles are size of small peas.

- ☐ Sprinkle with cold water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost leaves side of bowl (1 to 2 teaspoons more water can be added if necessary).
- ☐ Gather pastry into a ball. Shape into flattened round on lightly floured surface. Wrap in plastic wrap; refrigerate about 45 minutes or until dough is firm and cold, yet pliable. This allows the shortening to become slightly firm, which helps make the baked pastry more flaky. If refrigerated longer, let pastry soften slightly before rolling.
- ☐ Heat oven to 375°F. With floured rolling pin, roll pastry into round 2 inches larger than upside-down 9-inch glass pie plate. Fold pastry into fourths; place in pie plate. Unfold and ease into plate, pressing firmly against bottom and side. Trim overhanging edge of pastry 1 inch from rim of pie plate. Fold and roll pastry under, even with plate.
- ☐ Cut scraps of rolled pastry with tiny star-shaped cookie cutter.
- ☐ Sprinkle cutouts with sugar; press on pastry edge.
- ☐ In medium bowl, beat all filling ingredients except pecans with wire whisk or hand beater until smooth. Stir in pecans.
- ☐ Pour into pastry-lined pie plate. Cover edge of pastry with 2- to 3-inch strip of foil to prevent excessive browning.
- ☐ Bake 40 to 50 minutes or until crust is brown and filling is set, removing foil for last 15 minutes of baking. Cool 15 minutes. In small saucepan, melt chocolate chips and shortening over low heat, stirring constantly; drizzle over top of pie.
- ☐ In 1-quart saucepan, mix 1/4 cup sugar and the cornstarch. Stir in orange juice and 2 tablespoons liqueur. Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute. Stir in orange peel.
- ☐ Serve sauce over pie.

Nutrition Facts



Properties

Glycemic Index:60.68, Glycemic Load:34.56, Inflammation Score:-6, Nutrition Score:11.307826073273%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.54mg, Hesperetin: 3.54mg, Hesperetin: 3.54mg, Hesperetin: 3.54mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg

0.63mg, Naringenin: 0.63mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 622.15kcal (31.11%), Fat: 32.22g (49.56%), Saturated Fat: 7.98g (49.87%), Carbohydrates: 81.37g (27.12%), Net Carbohydrates: 79.74g (29%), Sugar: 62.71g (69.68%), Cholesterol: 61.72mg (20.57%), Sodium: 433.94mg (18.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.84mg (1.61%), Protein: 7.29g (14.59%), Copper: 0.48mg (23.8%), Manganese: 0.46mg (22.95%), Selenium: 14.56µg (20.8%), Vitamin C: 16.95mg (20.55%), Vitamin B1: 0.26mg (17.1%), Phosphorus: 167.45mg (16.74%), Magnesium: 66.78mg (16.69%), Iron: 2.55mg (14.15%), Vitamin K: 13.17µg (12.55%), Folate: 49.81µg (12.45%), Vitamin B2: 0.18mg (10.77%), Zinc: 1.61mg (10.76%), Vitamin E: 1.49mg (9.95%), Vitamin A: 495.79IU (9.92%), Potassium: 245.21mg (7.01%), Fiber: 1.63g (6.52%), Vitamin B3: 1.29mg (6.44%), Vitamin B5: 0.64mg (6.4%), Vitamin B6: 0.12mg (5.98%), Calcium: 35.78mg (3.58%), Vitamin B12: 0.17µg (2.77%), Vitamin D: 0.33µg (2.2%)