



Peanut Butter Chip Pecan Pie

READY IN



50 min.

SERVINGS



8

CALORIES



452 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 2 eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 1 cup peanut butter chips
- ☐ 1 cup pecans chopped
- ☐ 1 9-inch unbaked pie crust
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

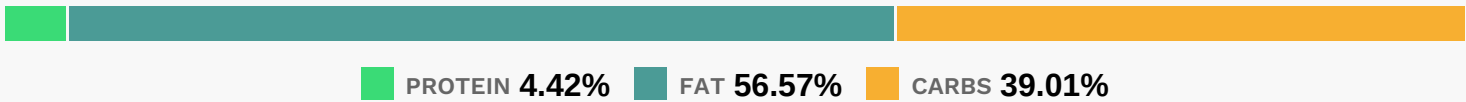
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C.)
- ☐ In a large bowl, combine flour and sugar. Blend in melted butter, eggs and vanilla. Stir in peanut butter chips and chopped pecans.
- ☐ Pour filling into pie shell.
- ☐ Bake in the preheated oven for 30 to 40 minutes, or until golden brown.

Nutrition Facts



Properties

Glycemic Index:25.64, Glycemic Load:21.83, Inflammation Score:-4, Nutrition Score:7.5669565485871%

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: 451.98kcal (22.6%), Fat: 29.04g (44.67%), Saturated Fat: 10.53g (65.82%), Carbohydrates: 45.06g (15.02%), Net Carbohydrates: 42.92g (15.61%), Sugar: 25.62g (28.47%), Cholesterol: 71.42mg (23.81%), Sodium: 209.55mg (9.11%), Alcohol: 0.17g (100%), Alcohol %: 0.18% (100%), Protein: 5.1g (10.21%), Manganese: 0.78mg (39.11%), Vitamin B1: 0.23mg (15.01%), Selenium: 8.26µg (11.8%), Copper: 0.2mg (10.18%), Folate: 40.39µg (10.1%), Vitamin B2: 0.16mg (9.36%), Phosphorus: 89.39mg (8.94%), Iron: 1.57mg (8.7%), Fiber: 2.14g (8.58%), Vitamin A: 421.83IU (8.44%), Vitamin B3: 1.31mg (6.56%), Zinc: 0.94mg (6.28%), Magnesium: 23.62mg (5.9%), Vitamin E: 0.76mg (5.03%), Vitamin B5: 0.44mg (4.37%), Vitamin K: 3.35µg (3.19%), Vitamin B6: 0.06mg (3.19%), Potassium: 108.3mg (3.09%), Calcium: 25.33mg (2.53%), Vitamin B12: 0.12µg (2.03%), Vitamin D: 0.22µg (1.47%)