



Pecan-Bourbon Pie

READY IN



45 min.

SERVINGS



20

CALORIES



433 kcal

DESSERT

Ingredients

- ☐ 2 cups flour
- ☐ 0.3 cup bourbon (such as Maker's Mark)
- ☐ 0.5 cup cake flour
- ☐ 1 teaspoon kosher salt
- ☐ 1.3 cups plus light
- ☐ 1 cup t brown sugar dark packed ()
- ☐ 6 large eggs
- ☐ 1 cup brown sugar packed ()
- ☐ 6 tablespoons water ()

- ☐ 2 teaspoons juice of lemon fresh
- ☐ 16 ounces pecans toasted coarsely chopped
- ☐ 1 tablespoon sugar
- ☐ 0.5 cup butter unsalted melted (1 stick)

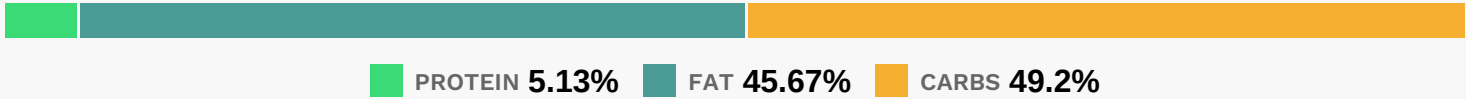
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ pie form

Directions

- ☐ Blend both flours, sugar, and salt in processor.
- ☐ Add butter; pulse until mixture resembles coarse meal.
- ☐ Add lemon juice, then 6 tablespoons ice water; process just until moist clumps form, adding more ice water by teaspoonfuls if dough is dry. Divide dough in half. Gather each half into ball and flatten into disk. Wrap separately in plastic. Refrigerate at least 2 hours. DO AHEAD: Can be made ahead and refrigerated up to 2 days or frozen up to 1 month. If frozen, thaw in refrigerator before using.
- ☐ Roll out 1 dough disk on floured surface to 13 1/2- to 14-inch round, about 1/8 inch thick.
- ☐ Transfer dough to 9-inch-diameter glass pie dish. Trim excess dough, leaving 3/4-inch overhang. Turn overhang under and crimp edge decoratively. Repeat with second dough disk. Refrigerate while preparing filling.
- ☐ Position rack in center of oven and preheat to 350°F.
- ☐ Whisk eggs in large bowl.
- ☐ Whisk in both sugars, then next 5 ingredients. Stir in pecans. Divide filling between prepared crusts.
- ☐ Bake pies until filling is puffed and just set in center (filling may begin to crack), about 55 minutes. Cool pies completely on rack. DO AHEAD: Can be made 1 day ahead. Cover with foil; store at room temperature.

Nutrition Facts



Properties

Glycemic Index:12.8, Glycemic Load:12.2, Inflammation Score:-3, Nutrition Score:9.3799999822741%

Flavonoids

Cyanidin: 2.44mg, Cyanidin: 2.44mg, Cyanidin: 2.44mg, Cyanidin: 2.44mg Delphinidin: 1.65mg, Delphinidin: 1.65mg, Delphinidin: 1.65mg, Delphinidin: 1.65mg Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg Epigallocatechin: 1.28mg, Epigallocatechin: 1.28mg, Epigallocatechin: 1.28mg, Epigallocatechin: 1.28mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 432.92kcal (21.65%), Fat: 22.58g (34.74%), Saturated Fat: 4.81g (30.08%), Carbohydrates: 54.74g (18.25%), Net Carbohydrates: 52.15g (18.96%), Sugar: 40.41g (44.9%), Cholesterol: 68mg (22.67%), Sodium: 159.03mg (6.91%), Alcohol: 1g (100%), Alcohol %: 1.13% (100%), Protein: 5.71g (11.42%), Manganese: 1.15mg (57.5%), Vitamin B1: 0.27mg (18.02%), Selenium: 11.43µg (16.33%), Copper: 0.32mg (15.97%), Phosphorus: 111.46mg (11.15%), Fiber: 2.59g (10.36%), Zinc: 1.45mg (9.66%), Vitamin B2: 0.16mg (9.64%), Folate: 36.44µg (9.11%), Iron: 1.6mg (8.91%), Magnesium: 35.17mg (8.79%), Vitamin B3: 1.07mg (5.37%), Vitamin B5: 0.53mg (5.3%), Calcium: 49.44mg (4.94%), Vitamin A: 235.61IU (4.71%), Potassium: 161.65mg (4.62%), Vitamin B6: 0.09mg (4.46%), Vitamin E: 0.63mg (4.18%), Vitamin D: 0.39µg (2.57%), Vitamin B12: 0.14µg (2.39%), Vitamin K: 1.28µg (1.22%)