



Pecan Brown Sugar Crust

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



245 kcal

CRUST

Ingredients

- 1 eggs slightly beaten
- 1.3 cups flour all-purpose
- 0.3 cup brown sugar light
- 0.8 cup pecans
- 0.5 teaspoon salt
- 6 tablespoons butter unsalted softened

Equipment

- food processor

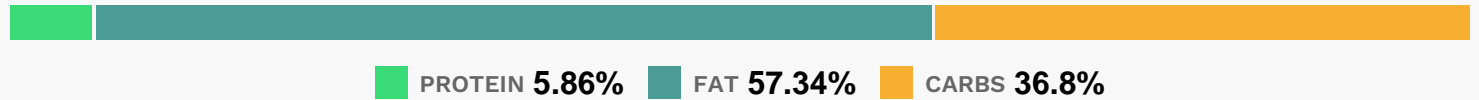
bowl

oven

Directions

- In the bowl of a food processor fitted with a metal blade, combine the flour, pecans, sugar, and salt until the pecans are finely chopped.
- Add the butter and pulse until crumbs start to form.
- Add the egg and pulse until the dough comes together. Chill for 20 minutes or until needed. Press 3/4 of the dough into a 9-inch pie plate, reserving the remainder for the crumble topping.
- Bake in a preheated 375 F oven until golden or according to your pie recipe instructions.

Nutrition Facts



Properties

Glycemic Index:10.63, Glycemic Load:10.82, Inflammation Score:-3, Nutrition Score:5.9360868875747%

Flavonoids

Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg Delphinidin: 0.68mg, Delphinidin: 0.68mg, Delphinidin: 0.68mg, Delphinidin: 0.68mg Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg

Nutrients (% of daily need)

Calories: 244.5kcal (12.23%), Fat: 15.91g (24.48%), Saturated Fat: 6.17g (38.56%), Carbohydrates: 22.98g (7.66%), Net Carbohydrates: 21.57g (7.84%), Sugar: 7.12g (7.91%), Cholesterol: 43.03mg (14.35%), Sodium: 156.62mg (6.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.66g (7.32%), Manganese: 0.56mg (27.88%), Vitamin B1: 0.22mg (14.49%), Selenium: 8.85µg (12.64%), Folate: 40.75µg (10.19%), Vitamin B2: 0.14mg (8.07%), Copper: 0.15mg (7.42%), Iron: 1.29mg (7.16%), Vitamin B3: 1.28mg (6.39%), Phosphorus: 60.49mg (6.05%), Vitamin A: 297.29IU (5.95%), Fiber: 1.42g (5.67%), Zinc: 0.64mg (4.27%), Magnesium: 17.02mg (4.25%), Vitamin E: 0.44mg (2.95%), Vitamin B5: 0.27mg (2.71%), Potassium: 78.24mg (2.24%), Calcium: 20.82mg (2.08%), Vitamin B6: 0.04mg (2.03%), Vitamin D: 0.27µg (1.78%), Vitamin B12: 0.07µg (1.11%), Vitamin K: 1.13µg (1.08%)