



Pecan Cheesecake Pie

READY IN



70 min.

SERVINGS



8

CALORIES



691 kcal

DESSERT

Ingredients

- 1 cup plus light
- 8 oz cream cheese softened
- 4 large eggs divided
- 1.3 cups pecans chopped
- 15 oz piecrusts refrigerated
- 0.3 teaspoon salt
- 0.8 cup sugar divided
- 2 teaspoons vanilla extract divided

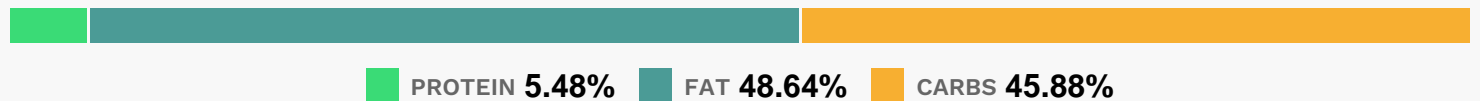
Equipment

- baking sheet
- oven
- whisk
- wire rack
- hand mixer

Directions

- Fit piecrust into a 9-inch pie plate according to package directions. Fold edges under, and crimp.
- Beat cream cheese, 1 egg, 1/2 cup sugar, 1 tsp. vanilla, and salt at medium speed with an electric mixer until smooth.
- Pour cream cheese mixture into piecrust; sprinkle evenly with chopped pecans.
- Whisk together corn syrup and remaining 3 eggs, 1/4 cup sugar, and 1 tsp. vanilla; pour mixture over pecans.
- Place pie on a baking sheet.
- Bake at 350 on lowest oven rack 50 to 55 minutes or until pie is set. Cool on a wire rack 1 hour or until completely cool.
- Serve immediately, or cover and chill up to 2 days.

Nutrition Facts



Properties

Glycemic Index:15.76, Glycemic Load:19.81, Inflammation Score:-4, Nutrition Score:11.437826321825%

Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Delphinidin: 1.24mg, Delphinidin: 1.24mg, Delphinidin: 1.24mg, Delphinidin: 1.24mg Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg Epigallocatechin: 0.96mg, Epigallocatechin: 0.96mg, Epigallocatechin: 0.96mg, Epigallocatechin: 0.96mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate:

0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate:
0.39mg

Nutrients (% of daily need)

Calories: 691.28kcal (34.56%), Fat: 38.4g (59.07%), Saturated Fat: 11.9g (74.37%), Carbohydrates: 81.49g (27.16%),
Net Carbohydrates: 78.53g (28.56%), Sugar: 53.41g (59.34%), Cholesterol: 121.63mg (40.54%), Sodium: 441.3mg
(19.19%), Alcohol: 0.34g (100%), Alcohol %: 0.23% (100%), Protein: 9.73g (19.46%), Manganese: 1.01mg (50.74%),
Selenium: 14.2µg (20.29%), Vitamin B1: 0.3mg (20.02%), Vitamin B2: 0.3mg (17.44%), Phosphorus: 165.34mg
(16.53%), Folate: 55.26µg (13.81%), Copper: 0.27mg (13.47%), Iron: 2.29mg (12.74%), Fiber: 2.96g (11.86%), Zinc:
1.67mg (11.1%), Vitamin A: 525.8IU (10.52%), Vitamin B5: 0.91mg (9.07%), Magnesium: 34.68mg (8.67%), Vitamin B3:
1.68mg (8.42%), Calcium: 69.4mg (6.94%), Vitamin E: 0.99mg (6.6%), Vitamin B6: 0.12mg (6.05%), Potassium:
195.61mg (5.59%), Vitamin K: 5.15µg (4.9%), Vitamin B12: 0.28µg (4.75%), Vitamin D: 0.5µg (3.33%)