



## Pecan Cream Cheese Pie

READY IN



15 min.

SERVINGS



8

CALORIES



337 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cup pecans chopped
- 0.5 cup coconut shredded sweetened
- 0.3 cup butter melted
- 4 ounces cream cheese softened
- 0.3 cup powdered sugar
- 1.8 cups non-dairy whipped topping
- 1 puff pastry shells cooled (9 inches)
- 0.5 cup mrs richardson's butterscotch caramel sauce

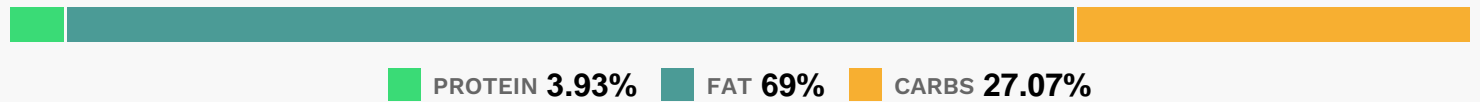
# Equipment

- bowl
- oven
- baking pan

# Directions

- In a bowl, combine pecans, coconut and butter.
- Pour onto an ungreased 15x10x1-in. baking pan.
- Bake at 350&deg; for 5-10 minutes or until golden brown, stirring occasionally. Cool.
- In a bowl, beat the cream cheese and sugar until smooth. Fold in whipped topping. Spoon into pastry shell.
- Sprinkle with coconut mixture.
- Drizzle with caramel topping. Refrigerate for 2 hours.

# Nutrition Facts



# Properties

Glycemic Index:17.88, Glycemic Load:1.71, Inflammation Score:-3, Nutrition Score:5.8339131215344%

# 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: 337.02kcal (16.85%), Fat: 26.82g (41.27%), Saturated Fat: 11.54g (72.14%), Carbohydrates: 23.68g (7.89%), Net Carbohydrates: 22.03g (8.01%), Sugar: 19.14g (21.27%), Cholesterol: 29.9mg (9.97%), Sodium: 179.54mg (7.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.44g (6.87%), Manganese: 0.79mg (39.49%), Copper: 0.19mg (9.61%), Phosphorus: 81.8mg (8.18%), Vitamin B1: 0.12mg (8.13%), Vitamin A: 400.18IU (8%), Selenium: 4.77µg (6.81%), Fiber: 1.65g (6.6%), Magnesium: 23.51mg (5.88%), Zinc: 0.84mg (5.63%), Vitamin B2: 0.09mg (5.06%),

Calcium: 45.03mg (4.5%), Vitamin E: 0.62mg (4.13%), Potassium: 124.78mg (3.57%), Iron: 0.64mg (3.55%), Vitamin B6: 0.06mg (2.83%), Vitamin B5: 0.27mg (2.69%), Vitamin K: 2.76µg (2.63%), Folate: 10.29µg (2.57%), Vitamin B3: 0.46mg (2.32%), Vitamin B12: 0.1µg (1.69%)