

Pecan Crust

 Vegetarian

READY IN



20 min.

SERVINGS



2

CALORIES



2483 kcal

CRUST

Ingredients

- 1 large eggs
- 3 cup flour all-purpose
- 2 cup pecans lightly toasted
- 0.5 cup sugar
- 8 ounce butter unsalted cold cubed
- 1 teaspoon vanilla

Equipment

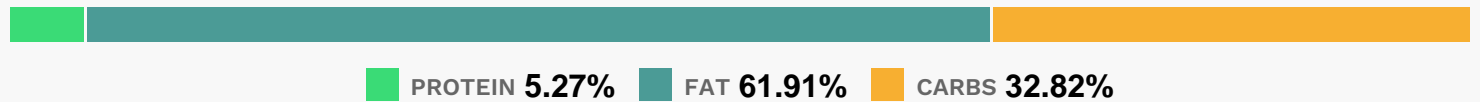
- food processor

bowl

Directions

- Place the nuts into the bowl of a food processor and pulse a few times.
- Add the sugar and flour and continue to pulse until the nuts are finely ground into the mixture.
- Add the butter, egg and vanilla and process until the mixture resembles coarse meal, 8 to 10 seconds. It should look loose but press together when pinched between your fingers. Divide dough into two equal balls. Flatten each ball into a disc and wrap in plastic.
- Transfer to the refrigerator and chill at least 1 hour. Dough may be stored, frozen, up to 1 month.

Nutrition Facts



Properties

Glycemic Index:77.55, Glycemic Load:138.89, Inflammation Score:-10, Nutrition Score:47.311738853869%

Flavonoids

Cyanidin: 11.71mg, Cyanidin: 11.71mg, Cyanidin: 11.71mg, Cyanidin: 11.71mg Delphinidin: 7.94mg, Delphinidin: 7.94mg, Delphinidin: 7.94mg, Delphinidin: 7.94mg Catechin: 7.89mg, Catechin: 7.89mg, Catechin: 7.89mg, Catechin: 7.89mg Epigallocatechin: 6.14mg, Epigallocatechin: 6.14mg, Epigallocatechin: 6.14mg, Epigallocatechin: 6.14mg Epicatechin: 0.89mg, Epicatechin: 0.89mg, Epicatechin: 0.89mg, Epicatechin: 0.89mg Epigallocatechin 3-gallate: 2.51mg, Epigallocatechin 3-gallate: 2.51mg, Epigallocatechin 3-gallate: 2.51mg, Epigallocatechin 3-gallate: 2.51mg

Nutrients (% of daily need)

Calories: 2482.76kcal (124.14%), Fat: 174.83g (268.97%), Saturated Fat: 66.06g (412.87%), Carbohydrates: 208.53g (69.51%), Net Carbohydrates: 193.01g (70.18%), Sugar: 55.15g (61.27%), Cholesterol: 336.81mg (112.27%), Sodium: 52.4mg (2.28%), Alcohol: 0.69g (100%), Alcohol %: 0.18% (100%), Protein: 33.48g (66.96%), Manganese: 6.2mg (310.09%), Vitamin B1: 2.21mg (147.14%), Selenium: 76.81µg (109.73%), Folate: 382.26µg (95.56%), Copper: 1.62mg (80.95%), Vitamin B2: 1.23mg (72.48%), Iron: 11.95mg (66.36%), Fiber: 15.53g (62.11%), Vitamin B3: 12.42mg (62.1%), Vitamin A: 3029.86IU (60.6%), Phosphorus: 581.27mg (58.13%), Magnesium: 178.65mg (44.66%), Zinc: 6.68mg (44.55%), Vitamin E: 4.53mg (30.21%), Vitamin B5: 2.27mg (22.71%), Potassium: 713.2mg (20.38%), Vitamin B6: 0.36mg (17.89%), Vitamin D: 2.2µg (14.67%), Calcium: 146.36mg (14.64%), Vitamin K: 12.39µg (11.8%), Vitamin B12: 0.42µg (6.92%), Vitamin C: 1.2mg (1.45%)