



Pecan-Fig Pie with Brandied Whipped Cream

READY IN



45 min.

SERVINGS



8

CALORIES



703 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon brandy
- ☐ 1 cup plus light
- ☐ 3 large eggs
- ☐ 5 ounces calimyrna figs dried stemmed finely chopped
- ☐ 1 cup brown sugar packed ()
- ☐ 2 cups pecan halves toasted
- ☐ 8 servings flaky pie crust dough
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons sugar

- ☐ 0.3 cup butter unsalted cooled melted ()
- ☐ 1.5 teaspoons vanilla extract
- ☐ 2 tablespoons water
- ☐ 1 cup whipping cream chilled

Equipment

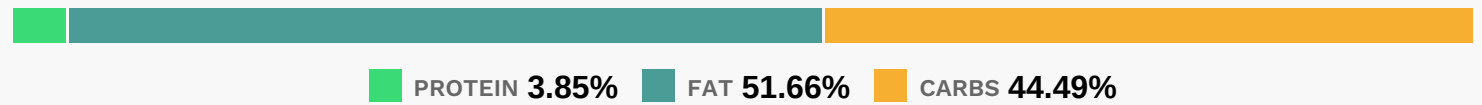
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ pie form

Directions

- ☐ Stir figs, brandy, and water in heavy small saucepan over low heat until liquid is absorbed, about 5 minutes; cool.
- ☐ Mix brown sugar, corn syrup, and next 4 ingredients in medium bowl. Stir in pecans, then fig mixture.
- ☐ Preheat oven to 375°F.
- ☐ Roll out dough on lightly floured surface to 13-inch round.
- ☐ Transfer to 9-inch-diameter deep-dish glass pie dish. Fold edge of dough over, forming double edge, and crimp decoratively, pressing to top edge of dish. Pierce all over with fork. Freeze crust 15 minutes.
- ☐ Line crust with foil; fill with dried beans or pie weights.
- ☐ Bake until sides are set, about 12 minutes.
- ☐ Remove foil and beans.
- ☐ Bake until crust is pale golden, pressing with back of fork if crust bubbles, about 10 minutes. Reduce oven temperature to 325°F.
- ☐ Spoon filling into warm crust.
- ☐ Bake until filling is puffed at edges and set in center, about 40 minutes.

- ☐ Let stand until cool, at least 1 hour. (Can be prepared 1 day ahead. Cover and chill.)
- ☐ Beat cream, sugar, and brandy in medium bowl.
- ☐ Whisk until peaks form. (Can be made 4 hours ahead. Cover; chill.)
- ☐ Serve pie with cream.

Nutrition Facts



Properties

Glycemic Index:21.89, Glycemic Load:10.18, Inflammation Score:-5, Nutrition Score:11.648695707321%

Flavonoids

Cyanidin: 2.75mg, Cyanidin: 2.75mg, Cyanidin: 2.75mg, Cyanidin: 2.75mg Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 703.24kcal (35.16%), Fat: 41.78g (64.28%), Saturated Fat: 14.35g (89.67%), Carbohydrates: 80.95g (26.98%), Net Carbohydrates: 77.53g (28.19%), Sugar: 67.31g (74.79%), Cholesterol: 118.62mg (39.54%), Sodium: 229.63mg (9.98%), Alcohol: 0.88g (100%), Alcohol %: 0.56% (100%), Protein: 7.01g (14.03%), Manganese: 1.26mg (62.81%), Vitamin B1: 0.27mg (18.1%), Copper: 0.36mg (17.9%), Vitamin A: 755.08IU (15.1%), Phosphorus: 143.64mg (14.36%), Fiber: 3.42g (13.68%), Selenium: 9.55µg (13.65%), Vitamin B2: 0.22mg (13.09%), Zinc: 1.76mg (11.74%), Magnesium: 43.65mg (10.91%), Iron: 1.8mg (10.01%), Calcium: 88.04mg (8.8%), Folate: 31.87µg (7.97%), Vitamin B5: 0.76mg (7.6%), Potassium: 257.26mg (7.35%), Vitamin E: 1.1mg (7.33%), Vitamin B6: 0.14mg (6.83%), Vitamin D: 0.96µg (6.38%), Vitamin B3: 1mg (5.02%), Vitamin K: 4.76µg (4.53%), Vitamin B12: 0.23µg (3.78%)