

## Pecan Nut Crust

 Vegetarian  Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



296 kcal

CRUST

### Ingredients

- 0.3 teaspoon ground cinnamon
- 2.5 cups ground pecans
- 4 tablespoons butter unsalted melted
- 0.3 cup sugar white

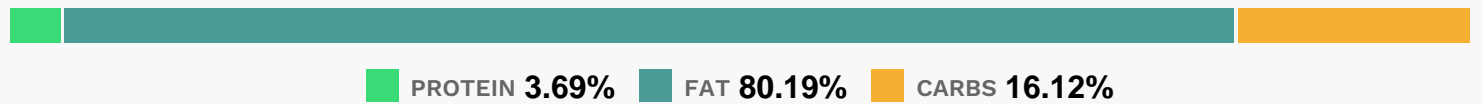
### Equipment

- baking sheet
- oven
- pie form

## Directions

- Stir together ground nuts, cinnamon, and sugar.
- Mix in melted butter.
- Press the mixture into the bottom and up the sides of a 9 inch, deep-dish style, pie pan. Chill the unbaked crust in the refrigerator for about 30 to 45 minutes.
- Place pie crust on a cookie sheet, and position on the middle rack of a preheated 350 degree F (175 degree C) oven.
- Bake for 12 to 15 minutes, or until lightly browned. WATCH it carefully, as nut crusts burn easily; they DON'T have to turn black to taste burnt! Cool completely before filling.

## Nutrition Facts



## Properties

Glycemic Index:10.64, Glycemic Load:5.95, Inflammation Score:-3, Nutrition Score:7.7060870314422%

## Flavonoids

Cyanidin: 3.32mg, Cyanidin: 3.32mg, Cyanidin: 3.32mg, Cyanidin: 3.32mg Delphinidin: 2.25mg, Delphinidin: 2.25mg, Delphinidin: 2.25mg, Delphinidin: 2.25mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 1.74mg, Epigallocatechin: 1.74mg, Epigallocatechin: 1.74mg, Epigallocatechin: 1.74mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.71mg, Epigallocatechin 3-gallate: 0.71mg, Epigallocatechin 3-gallate: 0.71mg, Epigallocatechin 3-gallate: 0.71mg

## Nutrients (% of daily need)

Calories: 296.21kcal (14.81%), Fat: 27.98g (43.05%), Saturated Fat: 5.51g (34.42%), Carbohydrates: 12.65g (4.22%), Net Carbohydrates: 9.65g (3.51%), Sugar: 9.55g (10.61%), Cholesterol: 15.05mg (5.02%), Sodium: 0.86mg (0.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.9g (5.8%), Manganese: 1.4mg (70.19%), Copper: 0.37mg (18.66%), Vitamin B1: 0.2mg (13.64%), Fiber: 3g (12.01%), Magnesium: 37.61mg (9.4%), Zinc: 1.41mg (9.4%), Phosphorus: 87.42mg (8.74%), Iron: 0.79mg (4.41%), Vitamin E: 0.6mg (3.98%), Vitamin A: 192.44IU (3.85%), Potassium: 128.96mg (3.68%), Vitamin B6: 0.07mg (3.26%), Vitamin B5: 0.27mg (2.75%), Vitamin B2: 0.04mg (2.6%), Calcium: 24.05mg (2.4%), Selenium: 1.3µg (1.85%), Vitamin B3: 0.37mg (1.83%), Folate: 7.02µg (1.75%), Vitamin K: 1.59µg (1.52%)