



Pecan Pie

READY IN



45 min.

SERVINGS



8

CALORIES



494 kcal

DESSERT

Ingredients

- 0.3 cup butter melted
- 1 cup plus dark
- 3 eggs beaten
- 1 cup pecan halves
- 19-inch unbaked pie crust ()
- 1 teaspoon vanilla extract
- 1 cup sugar white

Equipment

oven

knife

Directions

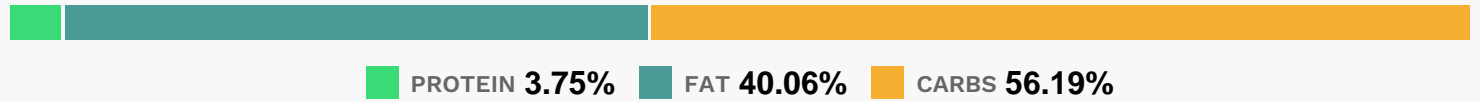
Preheat oven to 350 degrees F (175 degrees C).

Beat together the eggs, corn syrup, sugar, butter and vanilla.

Arrange pecans in bottom of pie crust and pour mixture over.

Bake for 1 hour or until knife inserted 1 inch from edge comes out clean. Allow to cool before slicing.

Nutrition Facts



Properties

Glycemic Index:27.51, Glycemic Load:47.27, Inflammation Score:-2, Nutrition Score:6.8465217682331%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg

Nutrients (% of daily need)

Calories: 493.82kcal (24.69%), Fat: 22.83g (35.12%), Saturated Fat: 6.97g (43.55%), Carbohydrates: 72.03g (24.01%), Net Carbohydrates: 70.22g (25.53%), Sugar: 58.64g (65.16%), Cholesterol: 76.63mg (25.54%), Sodium: 237.66mg (10.33%), Alcohol: 0.17g (100%), Alcohol %: 0.17% (100%), Protein: 4.81g (9.63%), Manganese: 0.72mg (35.84%), Selenium: 8.42µg (12.03%), Vitamin B1: 0.16mg (10.81%), Copper: 0.2mg (10.19%), Phosphorus: 91.37mg (9.14%), Vitamin B2: 0.15mg (8.56%), Iron: 1.42mg (7.91%), Fiber: 1.81g (7.25%), Folate: 28.19µg (7.05%), Magnesium: 24.32mg (6.08%), Zinc: 0.91mg (6.08%), Vitamin A: 273.55IU (5.47%), Vitamin B5: 0.48mg (4.79%), Vitamin B3: 0.85mg (4.23%), Vitamin E: 0.63mg (4.17%), Vitamin B6: 0.07mg (3.54%), Potassium: 119.46mg (3.41%), Calcium: 32.33mg (3.23%), Vitamin K: 2.8µg (2.67%), Vitamin B12: 0.16µg (2.65%), Vitamin D: 0.33µg (2.2%)