



Pecan Pie

READY IN



75 min.

SERVINGS



8

CALORIES



563 kcal

DESSERT

Ingredients

- 2 tablespoons butter
- 2 tablespoons butter melted
- 1 cup plus
- 3 eggs
- 2 cups flour
- 1 cup granulated sugar
- 1.5 cups pecans chopped
- 1 teaspoon salt
- 1 teaspoon vanilla extract

- 4 tablespoons water cold
- 8 servings whipped cream chopped for garnish
- 1 cup lard
- 1 cup lard

Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- pie form

Directions

- In a large bowl, place the lard and butter.
- Add the flour and salt and rub together with fingers to form small balls.
- Add the cold water, 1 tablespoon at a time, mixing the flour mixture in between each tablespoon. Only add enough water until dough comes together in one large ball.
- Spread some flour on a piece of waxed paper and place the dough on it.
- Sprinkle some more flour on top of the dough and proceed to roll out the dough until desired thickness, about 1/8-inch thick. Fold the dough over once to make a half moon and again to make it a quarter moon.
- Remove the dough from the waxed paper and place into a 9-inch pie pan. Unfold the dough so that it covers the entire pan. Press dough gently into pan. Using a fork, crimp the edges of the dough along the edge of the pie pan and cut away excess dough with a pairing knife. Set the pie shell aside.
- Preheat the oven to 325 degrees F. In a bowl, combine the corn syrup, sugar, butter, vanilla, and eggs.
- Mix with a whisk until well incorporated.
- Place the pecans in the pie shell and pour mixture over nuts. Be careful not to overflow the shell.

Bake the pie for 45 minutes. The pie should be firm and golden brown.

Let pie cool before cutting. Pie may be garnished with whipped cream, nuts and mint.

Nutrition Facts

PROTEIN 5.09% **FAT 36.58%** **CARBS 58.33%**

Properties

Glycemic Index:41.14, Glycemic Load:41.43, Inflammation Score:-4, Nutrition Score:11.342608717473%

Flavonoids

Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg Delphinidin: 1.49mg, Delphinidin: 1.49mg, Delphinidin: 1.49mg, Delphinidin: 1.49mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg

Nutrients (% of daily need)

Calories: 562.5kcal (28.12%), Fat: 23.77g (36.56%), Saturated Fat: 6.26g (39.1%), Carbohydrates: 85.26g (28.42%), Net Carbohydrates: 82.45g (29.98%), Sugar: 59.19g (65.77%), Cholesterol: 80.99mg (27%), Sodium: 387.33mg (16.84%), Alcohol: 0.17g (100%), Alcohol %: 0.14% (100%), Protein: 7.43g (14.87%), Manganese: 1.14mg (57.02%), Vitamin B1: 0.41mg (27.64%), Selenium: 17.04µg (24.34%), Folate: 69.83µg (17.46%), Vitamin B2: 0.27mg (15.76%), Copper: 0.31mg (15.31%), Phosphorus: 130.08mg (13.01%), Iron: 2.28mg (12.64%), Fiber: 2.81g (11.22%), Vitamin B3: 2.11mg (10.53%), Zinc: 1.58mg (10.52%), Magnesium: 34.95mg (8.74%), Vitamin A: 316.58IU (6.33%), Vitamin B5: 0.59mg (5.92%), Vitamin E: 0.68mg (4.53%), Vitamin B6: 0.09mg (4.38%), Potassium: 152.23mg (4.35%), Calcium: 42.22mg (4.22%), Vitamin B12: 0.18µg (2.94%), Vitamin D: 0.35µg (2.36%), Vitamin K: 1.46µg (1.39%)