



Pecan Pie

READY IN



800 min.

SERVINGS



18

CALORIES



340 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons brown sugar
- ☐ 1 cup plus
- ☐ 3 tablespoons plus light
- ☐ 5 tablespoons real maple syrup
- ☐ 1 cup pecans finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup butter salted melted
- ☐ 1 unbaked pie crust whole
- ☐ 0.8 teaspoons vanilla extract

- ☐ 18 servings whipped cream
- ☐ 1.5 cups whipping cream
- ☐ 1 tablespoon irish whiskey
- ☐ 1 cup sugar white
- ☐ 3 eggs whole beaten

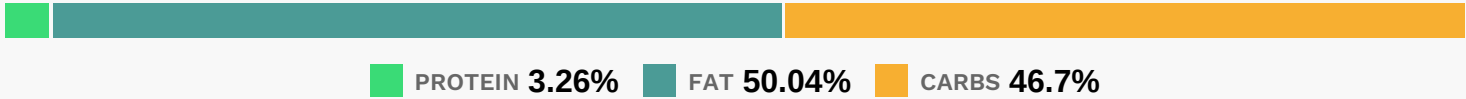
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Mix the white sugar, brown sugar, salt, corn syrup, butter, eggs, and vanilla together in a bowl.
- ☐ Pour the chopped pecans in the bottom of the unbaked pie shell.
- ☐ Pour the syrup mixture over the top.
- ☐ Bake the pie until it's no longer loose and jiggly, 1 hour 10 minutes, being careful not to burn pecans and crust. (Cover with foil for part of the baking time if it browns too quickly).
- ☐ Allow to cool for several hours or overnight.
- ☐ Serve in thin slivers with freshly whipped cream.
- ☐ Serve with a drizzle of cold
- ☐ Whiskey Maple Cream Sauce.
- ☐ Pour the whipping cream into a saucepan.
- ☐ Add the maple syrup and corn syrup and stir over moderate heat until thickened and reduced by about 1/3, approximately 15 minutes. Stir in the whiskey. Refrigerate mixture until it is cold and thick.
- ☐ Drizzle over warm pecan pie.

Nutrition Facts



Properties

Glycemic Index:15.26, Glycemic Load:12.86, Inflammation Score:-3, Nutrition Score:4.5778260684532%

Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg

Nutrients (% of daily need)

Calories: 340.42kcal (17.02%), Fat: 19.5g (30%), Saturated Fat: 8.93g (55.79%), Carbohydrates: 40.96g (13.65%), Net Carbohydrates: 40.14g (14.6%), Sugar: 35.07g (38.97%), Cholesterol: 63.29mg (21.1%), Sodium: 161.71mg (7.03%), Alcohol: 0.36g (100%), Alcohol %: 0.48% (100%), Protein: 2.85g (5.71%), Manganese: 0.45mg (22.33%), Vitamin B2: 0.17mg (10.17%), Vitamin A: 480.79IU (9.62%), Vitamin B1: 0.09mg (6.16%), Selenium: 3.99µg (5.7%), Phosphorus: 56.06mg (5.61%), Copper: 0.09mg (4.49%), Zinc: 0.63mg (4.17%), Calcium: 41.12mg (4.11%), Vitamin E: 0.52mg (3.49%), Magnesium: 13.35mg (3.34%), Fiber: 0.82g (3.27%), Vitamin D: 0.49µg (3.25%), Iron: 0.58mg (3.21%), Folate: 12.51µg (3.13%), Vitamin B5: 0.28mg (2.79%), Potassium: 88.66mg (2.53%), Vitamin B12: 0.12µg (2.03%), Vitamin B6: 0.04mg (2.01%), Vitamin K: 1.97µg (1.87%), Vitamin B3: 0.36mg (1.79%)