



Pecan Pie

 Vegetarian

READY IN



165 min.

SERVINGS



8

CALORIES



664 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter diced cold 1 stick
- ☐ 0.8 cup plus light
- ☐ 0.5 cup brown sugar dark packed
- ☐ 1 large eggs lightly beaten
- ☐ 3 eggs lightly beaten
- ☐ 1.3 cups flour for dusting all-purpose plus more
- ☐ 0.5 cup brown sugar light packed
- ☐ 0.3 cup pecans chopped

- ☐ 2 cups pecans toasted chopped
- ☐ 0.1 teaspoon salt
- ☐ 0.5 teaspoon salt fine
- ☐ 2 teaspoons sugar
- ☐ 5 tablespoons butter unsalted melted
- ☐ 2 teaspoons vanilla extract pure

Equipment

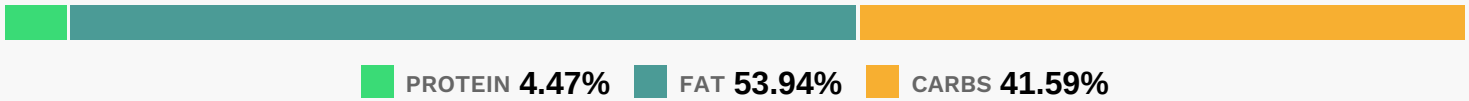
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ rolling pin
- ☐ pie form

Directions

- ☐ Combine the flour, pecans, sugar and salt in the bowl of a food processor fitted with a metal blade. Pulse until combined, and then add the butter and pulse until the mixture resembles yellow cornmeal mixed with bean-size bits of butter, about 10 pulses.
- ☐ Add the egg and pulse 1 to 2 times; don't let the dough form into a ball in the machine. (If the dough is very dry add up to 1 tablespoon cold water.)
- ☐ Remove the bowl from the machine, remove the blade, and bring the dough together by hand. Form the dough into a disk, wrap with plastic wrap and refrigerate until thoroughly chilled, at least 1 hour.
- ☐ Roll the dough out with a rolling pin on a lightly-floured surface into a 12-inch circle about 1/8-inch thick.

- ☐ Transfer the dough to a 9-inch pie pan and trim the edges, leaving about 1 inch extra hanging over the edge. Tuck the overhanging dough underneath itself to form a thick edge that is even with the rim. Flute the edge as desired. Freeze the pie shell for about 30 minutes.
- ☐ Meanwhile for the filling: Preheat the oven to 350 degrees F.
- ☐ Mix together the pecans, syrup, dark brown sugar, light brown sugar, melted butter, vanilla and salt in a large bowl.
- ☐ Whisk the beaten eggs into the filling until smooth.
- ☐ Put the pie shell onto a baking sheet and pour in the filling.
- ☐ Bake on the lower oven rack until the edges are set but the center is still slightly loose, 40 to 45 minutes. (If the edges get very dark, cover them with aluminum foil halfway through baking.) Cool the pie on a rack, and then serve slightly warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:29.26, Glycemic Load:16.27, Inflammation Score:-6, Nutrition Score:12.896521770436%

Flavonoids

Cyanidin: 3.02mg, Cyanidin: 3.02mg, Cyanidin: 3.02mg, Cyanidin: 3.02mg Delphinidin: 2.05mg, Delphinidin: 2.05mg, Delphinidin: 2.05mg, Delphinidin: 2.05mg Catechin: 2.04mg, Catechin: 2.04mg, Catechin: 2.04mg, Catechin: 2.04mg Epigallocatechin: 1.59mg, Epigallocatechin: 1.59mg, Epigallocatechin: 1.59mg, Epigallocatechin: 1.59mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg

Nutrients (% of daily need)

Calories: 664.35kcal (33.22%), Fat: 41.3g (63.54%), Saturated Fat: 14.27g (89.18%), Carbohydrates: 71.65g (23.88%), Net Carbohydrates: 68.42g (24.88%), Sugar: 53.62g (59.58%), Cholesterol: 133.95mg (44.65%), Sodium: 334.18mg (14.53%), Alcohol: 0.34g (100%), Alcohol %: 0.28% (100%), Protein: 7.69g (15.39%), Manganese: 1.43mg (71.37%), Vitamin B1: 0.37mg (24.56%), Selenium: 15.46µg (22.09%), Copper: 0.4mg (19.88%), Phosphorus: 150.8mg (15.08%), Vitamin B2: 0.25mg (14.47%), Vitamin A: 711.83IU (14.24%), Folate: 53.59µg (13.4%), Fiber: 3.23g (12.92%), Zinc: 1.88mg (12.51%), Iron: 2.22mg (12.33%), Magnesium: 44.47mg (11.12%), Vitamin E: 1.18mg (7.85%), Vitamin B3: 1.54mg (7.72%), Vitamin B5: 0.74mg (7.39%), Calcium: 68.1mg (6.81%), Potassium: 211.67mg (6.05%), Vitamin B6: 0.12mg (5.93%), Vitamin B12: 0.24µg (4.02%), Vitamin D: 0.59µg (3.91%), Vitamin K: 2.72µg (2.59%)