



food  
network

## Pecan Pie

READY IN



45 min.

SERVINGS



6

CALORIES



724 kcal

DESSERT

## Ingredients

- 3 tablespoons butter melted
- 3 eggs lightly beaten
- 0.8 cup brown sugar light
- 0.5 cup pecans finely
- 1 cup pecans
- 1 cup pecans coarsely chopped
- 1 pie crust dough
- 0.8 cup karo syrup light
- 1 Dash salt

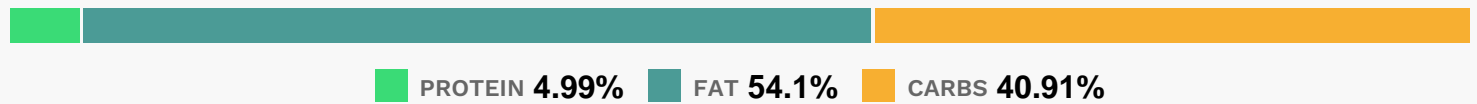
# Equipment

- bowl
- oven

# Directions

- Preheat oven to 350 degrees. Line a 9-inch pie plate with pie crust and form a fluted edge or decorative crust. Chill crust. In a bowl mix together eggs, syrup, sugar, butter and salt.
- Spread coarsely chopped pecans in bottom of pie shell.
- Pour egg and sugar mixture over pecans. Arrange pecan halves on top in a decorative design.
- Bake for one hour or until firm. Cool pie and serve with whipped cream.

# Nutrition Facts



# Properties

Glycemic Index:13.33, Glycemic Load:0.19, Inflammation Score:-4, Nutrition Score:14.689999945786%

# Flavonoids

Cyanidin: 4.61mg, Cyanidin: 4.61mg, Cyanidin: 4.61mg, Cyanidin: 4.61mg Delphinidin: 3.12mg, Delphinidin: 3.12mg, Delphinidin: 3.12mg, Delphinidin: 3.12mg Catechin: 3.11mg, Catechin: 3.11mg, Catechin: 3.11mg, Catechin: 3.11mg Epigallocatechin: 2.42mg, Epigallocatechin: 2.42mg, Epigallocatechin: 2.42mg, Epigallocatechin: 2.42mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Epigallocatechin 3-gallate: 0.99mg, Epigallocatechin 3-gallate: 0.99mg, Epigallocatechin 3-gallate: 0.99mg, Epigallocatechin 3-gallate: 0.99mg

# Nutrients (% of daily need)

Calories: 723.86kcal (36.19%), Fat: 46.06g (70.85%), Saturated Fat: 9.25g (57.82%), Carbohydrates: 78.34g (26.11%), Net Carbohydrates: 73.51g (26.73%), Sugar: 53.83g (59.82%), Cholesterol: 96.89mg (32.3%), Sodium: 236.56mg (10.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.56g (19.12%), Manganese: 2.08mg (104.01%), Copper: 0.56mg (28.25%), Vitamin B1: 0.37mg (24.69%), Fiber: 4.83g (19.31%), Phosphorus: 185.62mg (18.56%), Zinc: 2.37mg (15.8%), Magnesium: 61.43mg (15.36%), Selenium: 10.4µg (14.86%), Iron: 2.4mg (13.36%), Vitamin B2: 0.21mg (12.17%), Calcium: 100.67mg (10.07%), Folate: 40.1µg (10.02%), Vitamin B5: 0.87mg (8.66%), Potassium: 272.06mg (7.77%), Vitamin B6: 0.15mg (7.66%), Vitamin E: 1.12mg (7.5%), Vitamin B3: 1.32mg (6.58%), Vitamin A: 318.05IU (6.36%), Vitamin K: 4.13µg (3.93%), Vitamin B12: 0.21µg (3.46%), Vitamin D: 0.44µg (2.93%)