



Pecan Pie Filling



Vegetarian



Gluten Free

READY IN



14 min.

SERVINGS



7

CALORIES



333 kcal

DESSERT

Ingredients

- ☐ 0.5 cup t brown sugar dark packed
- ☐ 3 tablespoons butter
- ☐ 0.3 cup cornstarch
- ☐ 0.8 cup corn syrup dark
- ☐ 4 egg yolk
- ☐ 1.5 cups half and half
- ☐ 0.1 teaspoon salt
- ☐ 1 teaspoon vanilla extract

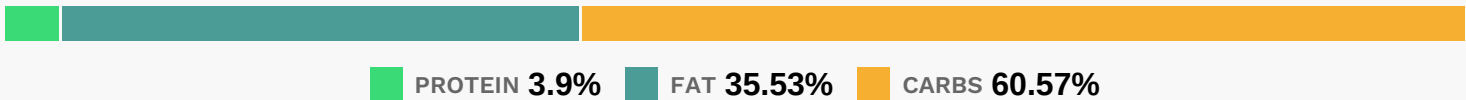
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ wax paper

Directions

- ☐ Whisk together first 6 ingredients in a heavy 3-qt. saucepan until smooth. Bring mixture to a boil over medium heat, whisking constantly; boil 1 minute or until thickened.
- ☐ Remove from heat; whisk in butter and vanilla.
- ☐ Place a sheet of wax paper directly on surface of mixture to prevent a film from forming, and chill 4 hours.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:25.52, Inflammation Score:-2, Nutrition Score:4.25565217241%

Nutrients (% of daily need)

Calories: 333.15kcal (16.66%), Fat: 13.56g (20.86%), Saturated Fat: 7.71g (48.2%), Carbohydrates: 52g (17.33%), Net Carbohydrates: 51.95g (18.89%), Sugar: 45.87g (50.96%), Cholesterol: 142.14mg (47.38%), Sodium: 178.31mg (7.75%), Alcohol: 0.2g (100%), Alcohol %: 0.2% (100%), Protein: 3.34g (6.69%), Selenium: 8.9µg (12.71%), Vitamin A: 481.83IU (9.64%), Phosphorus: 96.29mg (9.63%), Vitamin B2: 0.16mg (9.46%), Calcium: 90.03mg (9%), Vitamin B12: 0.31µg (5.16%), Vitamin B5: 0.49mg (4.93%), Folate: 16.91µg (4.23%), Vitamin D: 0.56µg (3.7%), Vitamin B6: 0.07mg (3.6%), Vitamin E: 0.53mg (3.56%), Potassium: 119.12mg (3.4%), Iron: 0.58mg (3.25%), Zinc: 0.47mg (3.12%), Manganese: 0.06mg (2.87%), Magnesium: 10.41mg (2.6%), Vitamin B1: 0.04mg (2.54%), Copper: 0.04mg (2.14%), Vitamin K: 1.17µg (1.11%)