



Pecan Pie from Loveless Cafe and Motel

READY IN



45 min.

SERVINGS



8

CALORIES



609 kcal

DESSERT

Ingredients

- ☐ 0.5 cup firmly brown sugar packed
- ☐ 1 cup plus light
- ☐ 3 large eggs
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1.5 cups pecan halves
- ☐ 14.1 oz piecrusts refrigerated
- ☐ 0.3 cup butter unsalted melted
- ☐ 1 teaspoon vanilla extract

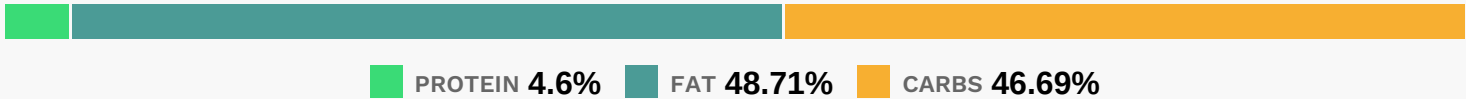
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Preheat oven to 35
- ☐ Fit piecrust into a 9-inch pie plate according to package directions; fold edges under, and crimp.
- ☐ Place pecan halves in bottom of piecrust.
- ☐ Whisk eggs in a medium bowl; whisk in remaining ingredients until blended.
- ☐ Pour filling over pecan halves.
- ☐ Bake at 350 for 1 hour.
- ☐ Let cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:4.25, Glycemic Load:6.3, Inflammation Score:-3, Nutrition Score:10.166087046913%

Flavonoids

Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg Delphinidin: 1.35mg, Delphinidin: 1.35mg, Delphinidin: 1.35mg, Delphinidin: 1.35mg Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg

Nutrients (% of daily need)

Calories: 608.76kcal (30.44%), Fat: 34.01g (52.33%), Saturated Fat: 9.45g (59.09%), Carbohydrates: 73.35g (24.45%), Net Carbohydrates: 70.29g (25.56%), Sugar: 46.95g (52.17%), Cholesterol: 85mg (28.33%), Sodium: 262.1mg (11.4%), Alcohol: 0.17g (100%), Alcohol %: 0.14% (100%), Protein: 7.22g (14.44%), Manganese: 1.08mg (54.13%), Vitamin B1: 0.29mg (19.53%), Copper: 0.28mg (14.09%), Selenium: 9.85µg (14.07%), Phosphorus: 126.84mg (12.68%), Fiber: 3.06g (12.26%), Iron: 2.2mg (12.23%), Folate: 48.23µg (12.06%), Vitamin B2: 0.2mg (11.63%), Zinc: 1.51mg (10.05%), Magnesium: 34.11mg (8.53%), Vitamin B3: 1.6mg (8.01%), Vitamin B5: 0.68mg (6.76%), Vitamin A: 289.6IU (5.79%), Vitamin E: 0.85mg (5.68%), Calcium: 52.32mg (5.23%), Vitamin B6: 0.1mg (5.1%), Potassium: 171.87mg (4.91%), Vitamin K: 4.87µg (4.64%), Vitamin D: 0.48µg (3.21%), Vitamin B12: 0.18µg (2.98%)