

Pecan Pie Pockets

READY IN



30 min.

SERVINGS



5

CALORIES



871 kcal

DESSERT

Ingredients

- 0.3 cup butter
- 5 servings confectioners' sugar
- 0.7 cup plus light
- 1 egg yolk beaten
- 2 large eggs
- 1.5 cups pecans chopped
- 1 premade pie crust
- 0.1 teaspoon salt
- 1 cup sugar

- 1 teaspoon vanilla extract
- 5 servings vegetable oil for frying

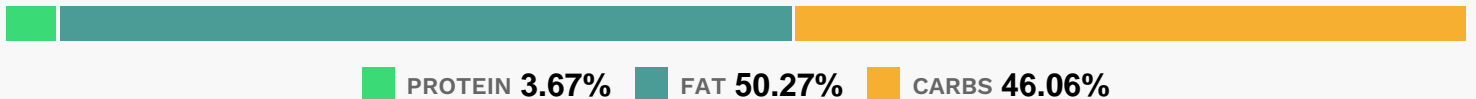
Equipment

- paper towels
- sauce pan
- dutch oven
- deep fryer

Directions

- In a Dutch oven or deep fryer, heat the oil over medium heat to 350 degrees F.
- In a medium saucepan, combine the sugar, corn syrup, butter and eggs. Stir in the pecans, vanilla and salt. Bring to a boil over medium heat, reduce the heat and simmer 10 minutes.
- On a lightly floured surface, unroll the pie crust.
- Cut out rounds using a 4 1/2-inch cutter. Re-roll the dough as needed. Repeat the procedure with the remaining dough.
- Place 1 pie crust round on a clean, flat surface. Lightly brush the edges of the crust with the beaten egg yolk.
- Place 1 heaping tablespoon of pecan mixture in the center of the round. Fold the dough over the filling, pressing the edges with a fork to seal. Repeat with the remaining rounds and pecan mixture.
- Fry the pies in batches until lightly browned, 1 to 2 minutes per side.
- Drain on paper towels. Lightly dust with confectioners' sugar, if desired.

Nutrition Facts



Properties

Glycemic Index:29.82, Glycemic Load:34.7, Inflammation Score:-5, Nutrition Score:13.645217581936%

Flavonoids

Cyanidin: 3.51mg, Cyanidin: 3.51mg, Cyanidin: 3.51mg, Cyanidin: 3.51mg Delphinidin: 2.38mg, Delphinidin: 2.38mg, Delphinidin: 2.38mg, Delphinidin: 2.38mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 1.84mg, Epigallocatechin: 1.84mg, Epigallocatechin: 1.84mg, Epigallocatechin: 1.84mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Epigallocatechin 3–gallate: 0.75mg, Epigallocatechin 3–gallate: 0.75mg, Epigallocatechin 3–gallate: 0.75mg, Epigallocatechin 3–gallate: 0.75mg

Nutrients (% of daily need)

Calories: 870.88kcal (43.54%), Fat: 50.56g (77.78%), Saturated Fat: 13.97g (87.31%), Carbohydrates: 104.2g (34.73%), Net Carbohydrates: 100.21g (36.44%), Sugar: 84.17g (93.52%), Cholesterol: 145.82mg (48.61%), Sodium: 353.45mg (15.37%), Alcohol: 0.28g (100%), Alcohol %: 0.16% (100%), Protein: 8.31g (16.63%), Manganese: 1.63mg (81.66%), Vitamin B1: 0.35mg (23.42%), Copper: 0.44mg (21.95%), Selenium: 12.09µg (17.28%), Phosphorus: 172.38mg (17.24%), Fiber: 3.99g (15.96%), Zinc: 2.19mg (14.63%), Vitamin B2: 0.23mg (13.28%), Iron: 2.19mg (12.16%), Magnesium: 48.1mg (12.03%), Folate: 46.1µg (11.53%), Vitamin A: 556.75IU (11.13%), Vitamin E: 1.5mg (9.98%), Vitamin K: 9.92µg (9.45%), Vitamin B5: 0.85mg (8.51%), Vitamin B6: 0.13mg (6.65%), Vitamin B3: 1.33mg (6.63%), Potassium: 204.82mg (5.85%), Calcium: 55.34mg (5.53%), Vitamin B12: 0.27µg (4.57%), Vitamin D: 0.59µg (3.96%)