

Pecan Pie V

 Vegetarian  Popular

READY IN



65 min.

SERVINGS



8

CALORIES



346 kcal

DESSERT

Ingredients

- 0.5 cup butter
- 2 eggs
- 1 tablespoon flour all-purpose
- 1 cup brown sugar light
- 1 tablespoon milk
- 1 cup pecans chopped
- 1 teaspoon vanilla extract
- 0.3 cup sugar white

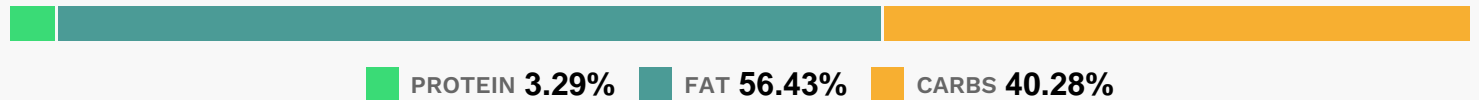
Equipment

- bowl
- oven

Directions

- Preheat oven to 400 degrees F (205 degrees C).
- In a large bowl, beat eggs until foamy, and stir in melted butter. Stir in the brown sugar, white sugar and the flour; mix well. Last add the milk, vanilla and nuts.
- Pour into an unbaked 9-in pie shell.
- Bake in preheated oven for 10 minutes at 400 degrees, then reduce temperature to 350 degrees and bake for 30 to 40 minutes, or until done.

Nutrition Facts



Properties

Glycemic Index:30.39, Glycemic Load:4.98, Inflammation Score:-3, Nutrition Score:5.3595652968987%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg

Nutrients (% of daily need)

Calories: 346.14kcal (17.31%), Fat: 22.45g (34.54%), Saturated Fat: 8.52g (53.22%), Carbohydrates: 36.05g (12.02%), Net Carbohydrates: 34.72g (12.62%), Sugar: 33.66g (37.4%), Cholesterol: 71.65mg (23.88%), Sodium: 115.38mg (5.02%), Alcohol: 0.17g (100%), Alcohol %: 0.29% (100%), Protein: 2.95g (5.9%), Manganese: 0.64mg (32.08%), Copper: 0.19mg (9.33%), Vitamin A: 424.61IU (8.49%), Vitamin B1: 0.1mg (6.9%), Selenium: 4.76µg (6.8%), Phosphorus: 66.96mg (6.7%), Fiber: 1.33g (5.33%), Zinc: 0.8mg (5.3%), Magnesium: 21.06mg (5.26%), Vitamin B2: 0.08mg (4.81%), Calcium: 44.49mg (4.45%), Iron: 0.78mg (4.35%), Vitamin E: 0.64mg (4.25%), Vitamin B5: 0.35mg (3.49%), Potassium: 115.7mg (3.31%), Vitamin B6: 0.06mg (3.03%), Folate: 10.58µg (2.65%), Vitamin B12: 0.13µg (2.2%), Vitamin D: 0.24µg (1.6%), Vitamin K: 1.51µg (1.44%), Vitamin B3: 0.26mg (1.32%)