



Pecan Pie with Candied Ginger and Rum

READY IN



150 min.

SERVINGS



8

CALORIES



465 kcal

DESSERT

Ingredients

- ☐ 0.3 cup plus light
- ☐ 0.3 cup candied ginger finely chopped
- ☐ 3 large eggs (large)
- ☐ 1 cup brown sugar light packed
- ☐ 7 ounces pecans
- ☐ 8 servings pie crust dough
- ☐ 2 tablespoons rum
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon butter unsalted

Equipment

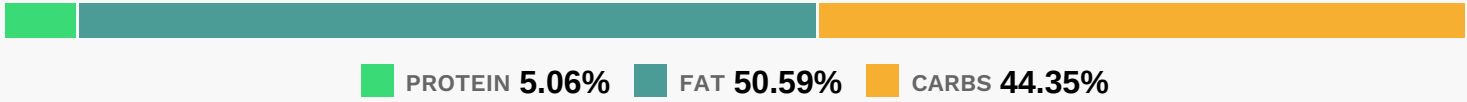
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ aluminum foil
- ☐ kitchen scissors
- ☐ pie form

Directions

- ☐ Preheat the oven to 350°F.
- ☐ Spread the pecans in a pie plate and toast for about 8 minutes, until fragrant.
- ☐ Let cool.
- ☐ Increase the oven temperature to 400°F.
- ☐ On a floured work surface, roll out the dough to a 13-inch round; patch any cracks. Fold the round in quarters and transfer to a 9-inch glass pie dish; unfold the pastry and gently press it into the pie plate. Using scissors, trim the overhanging dough to 1/2 inch. Tuck the edge of the dough under itself and crimp decoratively. Line the dough with foil, shiny side down, and prick all over with a fork, piercing the foil and pie dough. Freeze for 15 minutes.
- ☐ Fill the pie with pie weights or dried beans and bake in the lower third of the oven for 30 minutes.
- ☐ Remove the foil and weights. Return the crust to the oven and bake until lightly browned, about 12 minutes.
- ☐ Meanwhile, in a heatproof bowl, combine the brown sugar, corn syrup, butter and salt. Set the bowl over a saucepan filled with 1 inch of simmering water and whisk in the eggs 1 at a time. Cook, whisking gently, until the filling is warm to the touch.
- ☐ Remove from the heat and whisk in the rum.
- ☐ Arrange the pecans in the pie shell and scatter the crystallized ginger on top.
- ☐ Pour the filling over the pecans.

- ☐ Bake for about 25 minutes, until the filling is jiggly but not cracked; cover the edge of the crust with strips of foil halfway through baking to prevent over-browning.
- ☐ Let the pie cool on a wire rack.
- ☐ Cut into wedges and serve.

Nutrition Facts



Properties

Glycemic Index:5.5, Glycemic Load:1.66, Inflammation Score:-3, Nutrition Score:9.5243477445582%

Flavonoids

Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg Delphinidin: 1.81mg, Delphinidin: 1.81mg, Delphinidin: 1.81mg, Delphinidin: 1.81mg Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epigallocatechin: 1.4mg, Epigallocatechin: 1.4mg, Epigallocatechin: 1.4mg, Epigallocatechin: 1.4mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg

Nutrients (% of daily need)

Calories: 465.25kcal (23.26%), Fat: 26.62g (40.96%), Saturated Fat: 4.75g (29.7%), Carbohydrates: 52.52g (17.51%), Net Carbohydrates: 49.61g (18.04%), Sugar: 39.23g (43.59%), Cholesterol: 73.51mg (24.5%), Sodium: 274.08mg (11.92%), Alcohol: 1.25g (100%), Alcohol %: 1.4% (100%), Protein: 5.99g (11.99%), Manganese: 1.23mg (61.71%), Copper: 0.34mg (17.06%), Vitamin B1: 0.24mg (15.75%), Phosphorus: 122.81mg (12.28%), Selenium: 8.33µg (11.9%), Fiber: 2.91g (11.65%), Zinc: 1.52mg (10.13%), Magnesium: 38.07mg (9.52%), Iron: 1.71mg (9.48%), Vitamin B2: 0.15mg (9.11%), Folate: 29.47µg (7.37%), Vitamin B5: 0.63mg (6.26%), Calcium: 56.62mg (5.66%), Potassium: 185.4mg (5.3%), Vitamin B6: 0.11mg (5.3%), Vitamin E: 0.68mg (4.55%), Vitamin B3: 0.91mg (4.55%), Vitamin A: 159.09IU (3.18%), Vitamin B12: 0.17µg (2.83%), Vitamin D: 0.4µg (2.67%), Vitamin K: 2.6µg (2.47%)