



Pecan Pie with Spiked Cream

READY IN



45 min.

SERVINGS



10

CALORIES



265 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon bourbon
- ☐ 1 cup plus dark
- ☐ 1 large egg white
- ☐ 2 large eggs
- ☐ 1 cup flour all-purpose divided
- ☐ 2 tablespoons flour all-purpose
- ☐ 3 tablespoons ice water
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.3 cup maple syrup

- ☐ 0.5 cup pecan halves
- ☐ 2 tablespoons powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 3 tablespoons vegetable shortening
- ☐ 0.7 cup non-dairy whipped topping fat-free frozen thawed

Equipment

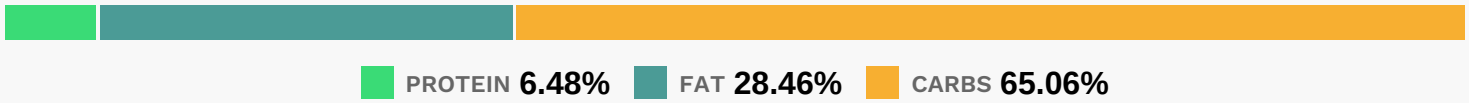
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ To prepare crust, lightly spoon 1 cup flour into a dry measuring cup, and level with a knife.
- ☐ Combine 1/4 cup flour, ice water, and lemon juice, stirring with a whisk until well blended to form a slurry.
- ☐ Combine remaining 3/4 cup flour, powdered sugar, and 1/4 teaspoon salt in a large bowl; cut in shortening with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Add slurry; toss with a fork until flour mixture is moist.
- ☐ Gently press mixture into a 4-inch circle on 2 sheets of overlapping heavy-duty plastic wrap; cover with 2 additional sheets of overlapping plastic wrap.
- ☐ Roll dough, still covered, into a 12-inch circle. Freeze dough 10 minutes or until plastic wrap can easily be removed.

- ☐ Remove dough from freezer.
- ☐ Remove top 2 sheets of plastic wrap; let the dough stand 1 minute or until pliable. Fit dough, plastic wrap side up, into a 9-inch pie plate, allowing dough to extend over edge.
- ☐ Remove remaining plastic wrap. Press dough into bottom and up sides of pie plate. Fold edges under; flute.
- ☐ Bake at 350 for 8 minutes. Cool on a wire rack.
- ☐ To prepare filling, place syrup and next 5 ingredients (through egg white) in a large bowl; beat with a mixer at medium speed until well blended. Stir in pecans and vanilla.
- ☐ Pour filling into prepared crust.
- ☐ Bake at 350 for 50 minutes or until edges puff and center is set (shield edges of piecrust with foil if crust gets too brown). Cool on a wire rack.
- ☐ To prepare the topping, combine the whipped topping and bourbon until blended.
- ☐ Serve with pie.

Nutrition Facts



Properties

Glycemic Index:21.15, Glycemic Load:9.73, Inflammation Score:-1, Nutrition Score:5.4539130122765%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 264.6kcal (13.23%), Fat: 8.75g (13.46%), Saturated Fat: 1.74g (10.9%), Carbohydrates: 44.99g (15%), Net Carbohydrates: 44.12g (16.04%), Sugar: 27.84g (30.94%), Cholesterol: 38mg (12.67%), Sodium: 107.1mg (4.66%), Alcohol: 0.64g (100%), Alcohol %: 0.88% (100%), Protein: 4.48g (8.97%), Manganese: 0.51mg (25.4%), Vitamin B2: 0.27mg (15.87%), Selenium: 8.82µg (12.61%), Vitamin B1: 0.16mg (10.7%), Folate: 32.49µg (8.12%), Iron: 0.97mg

(5.38%), Phosphorus: 52.65mg (5.27%), Calcium: 48.6mg (4.86%), Vitamin B3: 0.92mg (4.61%), Copper: 0.09mg (4.5%), Zinc: 0.53mg (3.51%), Fiber: 0.87g (3.5%), Magnesium: 12.85mg (3.21%), Vitamin B5: 0.29mg (2.91%), Vitamin E: 0.42mg (2.82%), Vitamin B12: 0.17µg (2.77%), Potassium: 79.15mg (2.26%), Vitamin K: 2.3µg (2.19%), Vitamin B6: 0.04mg (2.01%), Vitamin D: 0.2µg (1.33%), Vitamin A: 65.55IU (1.31%)