



Pecan Pumpkin Pie

 Vegetarian

READY IN



300 min.

SERVINGS



10

CALORIES



351 kcal

DESSERT

Ingredients

- ☐ 0.1 teaspoon cinnamon
- ☐ 0.8 cup plus light
- ☐ 1 large eggs lightly beaten
- ☐ 3 large eggs lightly beaten
- ☐ 1.5 teaspoons juice of lemon fresh
- ☐ 0.3 teaspoon lemon zest fresh finely grated
- ☐ 0.5 cup brown sugar light packed
- ☐ 0.1 teaspoon nutmeg freshly grated

- ☐ 10 servings pastry crust
- ☐ 5.5 ounces pecans chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup pumpkin puree canned
- ☐ 2 tablespoons cream sour
- ☐ 3 tablespoons butter unsalted cooled melted
- ☐ 2 teaspoons vanilla

Equipment

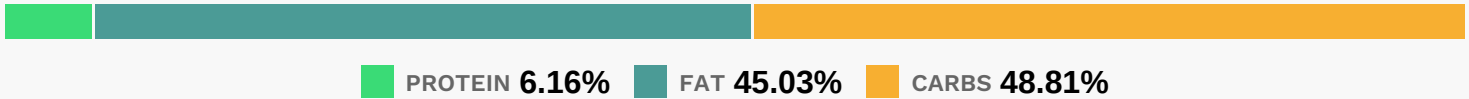
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ rolling pin

Directions

- ☐ Roll out dough on a lightly floured surface with a lightly floured rolling pin into a 13-inch round (1/8 inch thick), then fit into a 9-inch glass or metal pie plate. Trim edge, leaving a 1/2-inch overhang, then fold overhang under and crimp edge decoratively. Prick bottom and side of shell all over with a fork, then chill shell 30 minutes.
- ☐ While shell chills, put oven rack in middle position and preheat oven to 375°F.
- ☐ Line shell with foil and fill with pie weights, then bake until pastry is set and pale golden on rim, about 20 minutes. Carefully remove foil and weights and bake shell until pale golden all over, 6 to 10 minutes more. Cool on a rack.
- ☐ Whisk together pumpkin, brown sugar, egg, sour cream, cinnamon, nutmeg, and a pinch of salt in a bowl until smooth.
- ☐ Stir together corn syrup, brown sugar, eggs, butter, vanilla, zest, lemon juice, and salt in a bowl, then stir in pecans.
- ☐ Spread pumpkin mixture evenly in shell, then carefully spoon pecan mixture over it.

- ☐ Bake pie until crust is golden and filling is puffed, about 35 minutes. (Center will still be slightly wobbly; filling will set as it cools.) Cool completely on rack.
- ☐ Serve at room temperature.
- ☐ Pie can be baked 4 hours ahead and kept, uncovered, at cool room temperature. Pie can also be baked 1 day ahead and chilled, loosely covered with plastic wrap. Reheat in a preheated 350°F oven until crust is crisp, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:14.2, Glycemic Load:7.46, Inflammation Score:-9, Nutrition Score:11.106521850047%

Flavonoids

Cyanidin: 1.67mg, Cyanidin: 1.67mg, Cyanidin: 1.67mg, Cyanidin: 1.67mg Delphinidin: 1.14mg, Delphinidin: 1.14mg, Delphinidin: 1.14mg, Delphinidin: 1.14mg Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 351.13kcal (17.56%), Fat: 18.26g (28.08%), Saturated Fat: 4.3g (26.89%), Carbohydrates: 44.53g (14.84%), Net Carbohydrates: 42.11g (15.31%), Sugar: 31.86g (35.4%), Cholesterol: 84.85mg (28.28%), Sodium: 199.46mg (8.67%), Alcohol: 0.28g (100%), Alcohol %: 0.3% (100%), Protein: 5.61g (11.23%), Vitamin A: 3096.51IU (61.93%), Manganese: 0.84mg (41.99%), Selenium: 11.68µg (16.68%), Vitamin B1: 0.23mg (15.62%), Copper: 0.25mg (12.39%), Vitamin B2: 0.19mg (11.34%), Phosphorus: 106.93mg (10.69%), Fiber: 2.42g (9.67%), Iron: 1.7mg (9.42%), Zinc: 1.22mg (8.12%), Folate: 32.31µg (8.08%), Magnesium: 30.12mg (7.53%), Vitamin B5: 0.6mg (6.01%), Vitamin B3: 1.06mg (5.3%), Vitamin E: 0.75mg (4.98%), Potassium: 164.58mg (4.7%), Calcium: 45.4mg (4.54%), Vitamin B6: 0.09mg (4.45%), Vitamin K: 4.36µg (4.15%), Vitamin B12: 0.19µg (3.17%), Vitamin D: 0.46µg (3.09%), Vitamin C: 1.32mg (1.6%)