



Pecan Pumpkin Pie III

READY IN



45 min.

SERVINGS



10

CALORIES



1106 kcal

DESSERT

Ingredients

- ☐ 0.8 cup plus light
- ☐ 1 eggs
- ☐ 3 eggs
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 1.5 teaspoons juice of lemon
- ☐ 0.3 teaspoon lemon zest
- ☐ 0.5 cup brown sugar light packed
- ☐ 1.3 cups pecans chopped

- ☐ 9 inch pie shell
- ☐ 0.8 cup pumpkin puree
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons cup heavy whipping cream sour
- ☐ 3 tablespoons butter unsalted melted
- ☐ 2 teaspoons vanilla extract

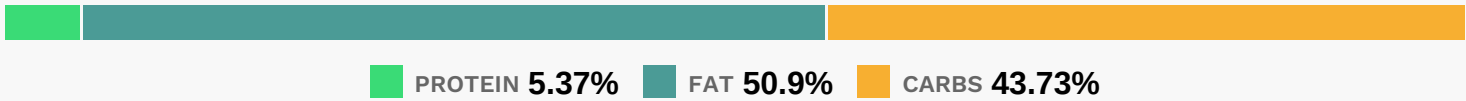
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Place rack in upper third of oven. Preheat oven to 425 degrees F (220 degrees C).
- ☐ To Make Pumpkin
- ☐ Layer: In a medium bowl combine pumpkin puree, 2 tablespoons brown sugar, 1 egg, sour cream, cinnamon, and nutmeg. Stir until thoroughly combined.
- ☐ Spread mixture into pie shell.
- ☐ To Make Pecan
- ☐ Layer: In a medium bowl, combine corn syrup, 1/2 cup brown sugar, 3 eggs, butter, vanilla, lemon rind, lemon juice, and salt.
- ☐ Mix well, then stir in pecans. Carefully spoon mixture over pumpkin layer.
- ☐ Bake in preheated oven for 20 minutes, then reduce heat to 350 degrees F (175 degrees C).
- ☐ Bake an additional 20 to 30 minutes. The filling will puff slightly, but the center will not be completely set. Allow to set for at least an hour before serving.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:10.4, Glycemic Load:3.8, Inflammation Score:-9, Nutrition Score:20.862174028936%

Flavonoids

Cyanidin: 1.56mg, Cyanidin: 1.56mg, Cyanidin: 1.56mg, Cyanidin: 1.56mg Delphinidin: 1.06mg, Delphinidin: 1.06mg, Delphinidin: 1.06mg, Delphinidin: 1.06mg Catechin: 1.05mg, Catechin: 1.05mg, Catechin: 1.05mg, Catechin: 1.05mg Epigallocatechin: 0.82mg, Epigallocatechin: 0.82mg, Epigallocatechin: 0.82mg, Epigallocatechin: 0.82mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg 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: 1106.17kcal (55.31%), Fat: 63.05g (97%), Saturated Fat: 18.57g (116.06%), Carbohydrates: 121.89g (40.63%), Net Carbohydrates: 115.43g (41.98%), Sugar: 31.77g (35.3%), Cholesterol: 75.92mg (25.31%), Sodium: 840.48mg (36.54%), Alcohol: 0.28g (100%), Alcohol %: 0.13% (100%), Protein: 14.95g (29.91%), Manganese: 1.5mg (74.83%), Vitamin A: 3084.76IU (61.7%), Vitamin B1: 0.62mg (41.24%), Folate: 140.23µg (35.06%), Iron: 5.7mg (31.65%), Fiber: 6.45g (25.82%), Vitamin B3: 5.13mg (25.66%), Vitamin B2: 0.42mg (24.8%), Selenium: 16.73µg (23.9%), Phosphorus: 214.59mg (21.46%), Copper: 0.35mg (17.46%), Vitamin K: 16.98µg (16.17%), Magnesium: 52.7mg (13.18%), Zinc: 1.86mg (12.38%), Vitamin B5: 1.23mg (12.26%), Vitamin E: 1.52mg (10.13%), Potassium: 317.46mg (9.07%), Vitamin B6: 0.17mg (8.35%), Calcium: 75.43mg (7.54%), Vitamin B12: 0.17µg (2.81%), Vitamin D: 0.41µg (2.77%), Vitamin C: 1.31mg (1.59%)