



Premium Pecan Pie

READY IN



80 min.

SERVINGS



8

CALORIES



529 kcal

DESSERT

Ingredients

- 0.7 cup plus light karo®
- 0.7 cup plus dark karo®
- 0.5 teaspoon flour all-purpose
- 0.7 cup maple syrup
- 1.5 cups pecans (halves or pieces)
- 0.3 teaspoon salt
- 19-inch unbaked pie crust
- 4 tablespoons butter unsalted melted
- 1 teaspoon vanilla extract

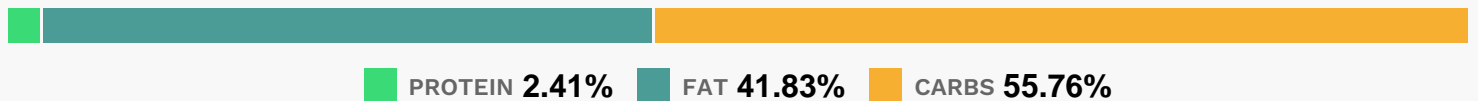
Equipment

- bowl
- oven
- whisk
- stand mixer

Directions

- Par-bake your favorite pie crust (either homemade or store-bought) in a 350-degree oven for about 20 minutes or until it just barely starts to brown.
- Preheat the oven to 350 degrees.
- In a bowl of a stand mixer, fitted with the whisk attachment, beat the eggs on medium speed for about 30 seconds, until foamy.
- Add the Karo syrups, maple syrup, salt and vanilla, and beat for about one minute on medium speed until well combined.
- Add the flour and melted butter
- Place the pecans in the par-baked pie crust and pour the mixture over the pecans.
- Bake the pie for 40 minutes.
- TIP: To determine when the pie is ready, gently move the pie. If the center is firm and does not wiggle, then it is ready.

Nutrition Facts



Properties

Glycemic Index:28.81, Glycemic Load:30.74, Inflammation Score:-3, Nutrition Score:9.3900001211011%

Flavonoids

Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg Delphinidin: 1.35mg, Delphinidin: 1.35mg, Delphinidin: 1.35mg, Delphinidin: 1.35mg Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate:

0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg

Nutrients (% of daily need)

Calories: 528.74kcal (26.44%), Fat: 25.62g (39.41%), Saturated Fat: 6.78g (42.39%), Carbohydrates: 76.85g (25.62%), Net Carbohydrates: 74.44g (27.07%), Sugar: 60.76g (67.51%), Cholesterol: 15.05mg (5.02%), Sodium: 239.82mg (10.43%), Alcohol: 0.17g (100%), Alcohol %: 0.16% (100%), Protein: 3.31g (6.63%), Manganese: 1.59mg (79.69%), Vitamin B2: 0.41mg (24.32%), Vitamin B1: 0.23mg (15.35%), Copper: 0.26mg (12.91%), Fiber: 2.41g (9.64%), Magnesium: 34.63mg (8.66%), Zinc: 1.29mg (8.57%), Phosphorus: 74.39mg (7.44%), Iron: 1.26mg (7.02%), Calcium: 57.6mg (5.76%), Folate: 22.02µg (5.51%), Potassium: 176.09mg (5.03%), Selenium: 3.27µg (4.67%), Vitamin B3: 0.93mg (4.66%), Vitamin A: 185.57IU (3.71%), Vitamin E: 0.54mg (3.58%), Vitamin K: 2.97µg (2.82%), Vitamin B5: 0.28mg (2.76%), Vitamin B6: 0.05mg (2.72%)