



Pumpkin and Caramelized-Pecan Pie

READY IN



45 min.

SERVINGS



12

CALORIES



1037 kcal

DESSERT

Ingredients

- 0.3 cup brown sugar
- 10 inch deep-dish piecrust whole-wheat
- 1 eggs
- 0.5 teaspoon ground cinnamon
- 0.1 teaspoon ground cloves
- 0.1 teaspoon ground ginger
- 0.1 teaspoon ground nutmeg
- 0.5 cup pecans
- 1 cup pumpkin puree fresh canned

- 1 teaspoon salt
- 0.5 cup sugar
- 1 tablespoon butter unsalted
- 0.5 teaspoon vanilla extract
- 0.8 cup whipping cream

Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk

Directions

- In a medium saucepan, caramelize the sugar over medium-high heat until it is dark gold.
- Add pecans and stir to coat them.
- Add the butter and remove the pan from the heat. Stir the nuts until the butter is incorporated.
- Spread the nuts evenly over the bottom of the piecrust. Set aside.
- Preheat the oven to 42
- In a large bowl whisk together the pumpkin, cream, and eggs until smooth.
- Add the remaining ingredients and whisk until smooth.
- Pour over the pecans.
- Bake for 15 minutes at 42
- Lower the heat to 350 and continue to bake for 3040 minutes until the custard is set, except for a nickel-size spot at the center of the pie.
- Remove from the oven and cool before cutting.

Nutrition Facts



■ PROTEIN 4.57% ■ FAT 55.09% ■ CARBS 40.34%

Properties

Glycemic Index:12.92, Glycemic Load:5.84, Inflammation Score:-9, Nutrition Score:18.430869423825%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg

Nutrients (% of daily need)

Calories: 1037.26kcal (51.86%), Fat: 63.86g (98.24%), Saturated Fat: 19.74g (123.35%), Carbohydrates: 105.22g (35.07%), Net Carbohydrates: 101.53g (36.92%), Sugar: 15.56g (17.29%), Cholesterol: 32.96mg (10.99%), Sodium: 870.86mg (37.86%), Alcohol: 0.06g (100%), Alcohol %: 0.03% (100%), Protein: 11.91g (23.82%), Vitamin A: 3447.68IU (68.95%), Manganese: 1.15mg (57.67%), Folate: 150.82µg (37.7%), Vitamin B1: 0.46mg (30.95%), Vitamin K: 32.29µg (30.75%), Iron: 4.79mg (26.6%), Vitamin B3: 4.86mg (24.28%), Vitamin B2: 0.33mg (19.57%), Vitamin E: 2.82mg (18.77%), Phosphorus: 163.22mg (16.32%), Selenium: 10.44µg (14.91%), Fiber: 3.68g (14.73%), Copper: 0.23mg (11.45%), Magnesium: 40.2mg (10.05%), Vitamin B5: 0.9mg (8.99%), Zinc: 1.18mg (7.86%), Potassium: 259.33mg (7.41%), Calcium: 64.34mg (6.43%), Vitamin B6: 0.12mg (6.15%), Vitamin D: 0.33µg (2.19%), Vitamin C: 1mg (1.21%)