



Salted Caramel Pecan Pie

READY IN



80 min.

SERVINGS



6

CALORIES



864 kcal

DESSERT

Ingredients

- ☐ 1 cup plus light
- ☐ 1 cup brown sugar dark packed
- ☐ 1 deep-dish piecrust frozen
- ☐ 3 large eggs lightly beaten
- ☐ 2 cups pecans chopped
- ☐ 1 tablespoon flaky sea salt plus more for garnish
- ☐ 6 tablespoons butter unsalted cut into pieces

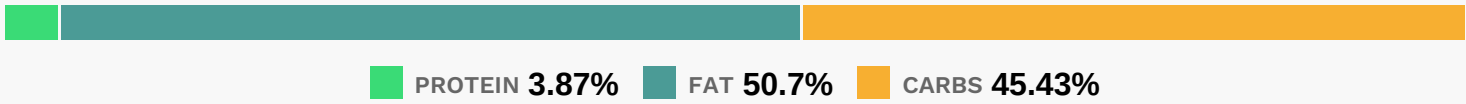
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Place the piecrust on a baking sheet, prick with a fork and bake for 15 minutes.
- ☐ Add the brown sugar, corn syrup, butter and salt to a medium saucepan.
- ☐ Place over medium heat and stir while the mixture melts. Bring to a boil.
- ☐ Remove from the heat and cool.
- ☐ Whisk in the eggs and the pecans.
- ☐ Add to the pie shell on the baking sheet and bake for 50 minutes. Cool completely before serving.

Nutrition Facts



Properties

Glycemic Index:4.83, Glycemic Load:8.45, Inflammation Score:-5, Nutrition Score:14.79826072895%

Flavonoids

Cyanidin: 3.9mg, Cyanidin: 3.9mg, Cyanidin: 3.9mg, Cyanidin: 3.9mg Delphinidin: 2.65mg, Delphinidin: 2.65mg, Delphinidin: 2.65mg, Delphinidin: 2.65mg Catechin: 2.63mg, Catechin: 2.63mg, Catechin: 2.63mg, Catechin: 2.63mg Epigallocatechin: 2.05mg, Epigallocatechin: 2.05mg, Epigallocatechin: 2.05mg, Epigallocatechin: 2.05mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epigallocatechin 3-gallate: 0.84mg, Epigallocatechin 3-gallate: 0.84mg, Epigallocatechin 3-gallate: 0.84mg, Epigallocatechin 3-gallate: 0.84mg

Nutrients (% of daily need)

Calories: 863.65kcal (43.18%), Fat: 50.83g (78.2%), Saturated Fat: 13.28g (83.01%), Carbohydrates: 102.48g (34.16%), Net Carbohydrates: 98.47g (35.81%), Sugar: 80.76g (89.73%), Cholesterol: 123.1mg (41.03%), Sodium:

1378.25mg (59.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.72g (17.45%), Manganese: 1.85mg (92.42%), Copper: 0.5mg (25.21%), Vitamin B1: 0.37mg (24.64%), Phosphorus: 180.58mg (18.06%), Selenium: 11.73µg (16.76%), Zinc: 2.42mg (16.12%), Fiber: 4.02g (16.06%), Magnesium: 56.79mg (14.2%), Iron: 2.48mg (13.78%), Vitamin B2: 0.22mg (12.95%), Folate: 49.53µg (12.38%), Vitamin E: 1.56mg (10.42%), Vitamin A: 505.21IU (10.1%), Vitamin B5: 0.9mg (8.96%), Calcium: 88.87mg (8.89%), Potassium: 270.68mg (7.73%), Vitamin B6: 0.15mg (7.6%), Vitamin K: 7.98µg (7.6%), Vitamin B3: 1.43mg (7.16%), Vitamin D: 0.71µg (4.73%), Vitamin B12: 0.25µg (4.11%)