



## Shortbread-Pecan Crust

READY IN



45 min.

SERVINGS



8

CALORIES



1088 kcal

### Ingredients

- 8 servings chocolate silk pie
- 4 ounces pecans
- 5 ounce shortbread cookies (such as Lorna Doone)
- 6 tablespoons butter unsalted cold cut into pieces

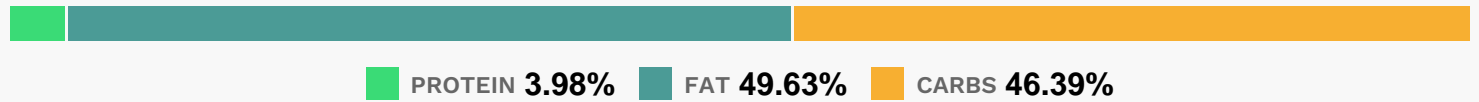
### Equipment

- food processor
- oven
- wire rack

## Directions

- Heat oven to 350 F. In a food processor, pulse the pecans and cookies until crumbs form.
- Add the butter and pulse just until combined.
- Transfer the mixture to an 8- or 9-inch pie plate, pressing it evenly over the bottom and up the sides.
- Bake the crust until slightly darkened, 20 to 25 minutes.
- Transfer pie plate to a wire rack and let cool. (You can set the baked crust aside at room temperature for up 24 hours.)

## Nutrition Facts



## Properties

Glycemic Index:9.25, Glycemic Load:7.15, Inflammation Score:-5, Nutrition Score:13.193043226781%

## Flavonoids

Cyanidin: 1.52mg, Cyanidin: 1.52mg, Cyanidin: 1.52mg, Cyanidin: 1.52mg Delphinidin: 1.03mg, Delphinidin: 1.03mg, Delphinidin: 1.03mg, Delphinidin: 1.03mg Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg 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

## Nutrients (% of daily need)

Calories: 1087.51kcal (54.38%), Fat: 60.41g (92.94%), Saturated Fat: 16.1g (100.66%), Carbohydrates: 127.02g (42.34%), Net Carbohydrates: 122.4g (44.51%), Sugar: 52.61g (58.46%), Cholesterol: 22.58mg (7.53%), Sodium: 915.46mg (39.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.91g (21.82%), Vitamin B1: 0.64mg (42.92%), Manganese: 0.71mg (35.71%), Folate: 135.39µg (33.85%), Iron: 5.79mg (32.19%), Phosphorus: 285.32mg (28.53%), Vitamin B3: 4.87mg (24.34%), Vitamin B2: 0.41mg (23.84%), Fiber: 4.62g (18.46%), Magnesium: 68.56mg (17.14%), Copper: 0.19mg (9.39%), Potassium: 282.87mg (8.08%), Vitamin E: 0.87mg (5.83%), Vitamin A: 285.57IU (5.71%), Zinc: 0.74mg (4.92%), Vitamin K: 3.18µg (3.03%), Selenium: 1.74µg (2.49%), Vitamin B6: 0.04mg (2.13%), Vitamin B5: 0.19mg (1.87%), Calcium: 14.75mg (1.47%), Vitamin D: 0.16µg (1.05%)