



Simmie's Pecan Pie

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



498 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 1 cup plus dark
- ☐ 3 large eggs
- ☐ 1.5 cups pecans chopped
- ☐ 1 unbaked pastry shell 9-inch
- ☐ 0.1 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 1 teaspoon vanilla extract

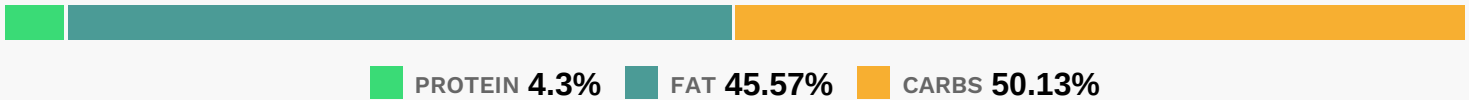
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Stir together eggs and sugar until blended. Stir in corn syrup and next 3 ingredients. Stir in chopped pecans.
- ☐ Pour mixture into pastry shell.
- ☐ Place pie on a baking sheet.
- ☐ Bake at 400 on lower oven rack for 15 minutes. Reduce oven temperature to 325, and bake 40 to 45 minutes, shielding with aluminum foil to prevent excessive browning, if necessary.

Nutrition Facts



Properties

Glycemic Index:21.26, Glycemic Load:42.94, Inflammation Score:-3, Nutrition Score:8.6843477241371%

Flavonoids

Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg Delphinidin: 1.49mg, Delphinidin: 1.49mg, Delphinidin: 1.49mg, Delphinidin: 1.49mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg

Nutrients (% of daily need)

Calories: 498.43kcal (24.92%), Fat: 26.32g (40.5%), Saturated Fat: 4.46g (27.88%), Carbohydrates: 65.17g (21.72%), Net Carbohydrates: 62.67g (22.79%), Sugar: 52.73g (58.59%), Cholesterol: 69.75mg (23.25%), Sodium: 265.68mg (11.55%), Alcohol: 0.17g (100%), Alcohol %: 0.17% (100%), Protein: 5.59g (11.19%), Manganese: 1.06mg (53.17%), Copper: 0.3mg (14.95%), Vitamin B1: 0.21mg (13.74%), Selenium: 9.09µg (12.99%), Phosphorus: 114.96mg (11.5%), Fiber: 2.49g (9.97%), Vitamin B2: 0.16mg (9.31%), Iron: 1.57mg (8.7%), Zinc: 1.28mg (8.55%), Magnesium: 33.8mg (8.45%), Folate: 28.24µg (7.06%), Vitamin A: 300.7IU (6.01%), Vitamin B5: 0.56mg (5.64%), Vitamin E: 0.74mg (4.96%), Vitamin B6: 0.09mg (4.49%), Potassium: 152.36mg (4.35%), Vitamin B3: 0.84mg (4.19%), Calcium:

38.36mg (3.84%), Vitamin B12: 0.17µg (2.87%), Vitamin D: 0.38µg (2.5%), Vitamin K: 2.32µg (2.21%)