



## Spiced Pecan Crust

 Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



232 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 cup brown sugar
- 1 cup flour all-purpose
- 0.5 teaspoon ground cinnamon
- 0.5 cup butter melted
- 0.5 cup pecans finely chopped

## Equipment

- bowl
- oven

pie form

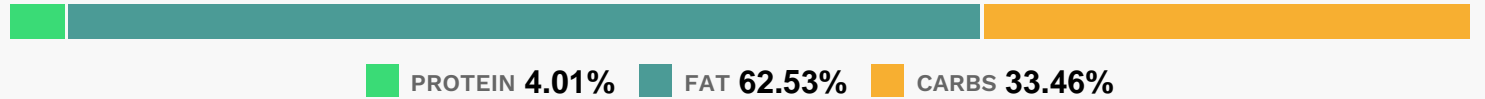
## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a medium bowl, mix together flour, pecans, sugar and cinnamon. Stir in margarine until well blended. Pat mixture into a lightly greased 9 inch pie pan.

Bake for 8 to 10 minutes in the preheated oven.

## Nutrition Facts



## Properties

Glycemic Index:11.25, Glycemic Load:8.66, Inflammation Score:-5, Nutrition Score:4.5839130483244%

## Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg

## Nutrients (% of daily need)

Calories: 232.39kcal (11.62%), Fat: 16.48g (25.35%), Saturated Fat: 2.82g (17.59%), Carbohydrates: 19.84g (6.61%), Net Carbohydrates: 18.7g (6.8%), Sugar: 6.98g (7.76%), Cholesterol: 0mg (0%), Sodium: 136.04mg (5.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.38g (4.76%), Manganese: 0.44mg (21.97%), Vitamin B1: 0.17mg (11.27%), Vitamin A: 511.67IU (10.23%), Selenium: 5.64µg (8.06%), Folate: 30.31µg (7.58%), Copper: 0.11mg (5.4%), Vitamin B2: 0.09mg (5.37%), Iron: 0.96mg (5.31%), Vitamin B3: 1.01mg (5.07%), Fiber: 1.14g (4.57%), Phosphorus: 39.36mg (3.94%), Vitamin E: 0.55mg (3.65%), Magnesium: 12.8mg (3.2%), Zinc: 0.42mg (2.82%), Calcium: 18.33mg (1.83%), Potassium: 60.29mg (1.72%), Vitamin B5: 0.15mg (1.49%), Vitamin B6: 0.03mg (1.27%)