



Star Pecan Pie

 Vegetarian

READY IN



73 min.

SERVINGS



18

CALORIES



234 kcal

DESSERT

Ingredients

- ☐ 1 cup firmly brown sugar dark packed
- ☐ 0.8 cup plus light
- ☐ 4 large eggs
- ☐ 0.7 cup pecan halves
- ☐ 1.5 cups pecans lightly toasted chopped
- ☐ 18 servings classic pastry shell and pastry stars
- ☐ 0.3 teaspoon salt
- ☐ 6 tablespoons butter unsalted melted

- ☐ 2 teaspoons vanilla extract
- ☐ 1 tablespoon whipping cream

Equipment

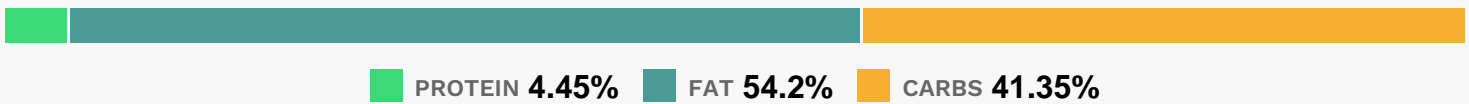
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Prepare dough for Classic Pastry Shell and Pastry Stars.
- ☐ Roll three-fourths of dough to 1/8" thickness on a lightly floured surface.
- ☐ Place in a 9" pie plate; trim off excess pastry along edges. Fold edges under, and crimp.
- ☐ Place pastry in refrigerator while preparing Pastry Stars and pie filling.
- ☐ Line a baking sheet with parchment paper.
- ☐ Roll remaining dough to 1/8" thickness on a lightly floured surface. Using a 1" star-shaped cutter, cut out 12 stars. Repeat procedure using a 1 1/2" star-shaped cutter to cut out 5 stars.
- ☐ Transfer stars to prepared baking sheet.
- ☐ Whisk together 1 egg and cream in a small bowl.
- ☐ Remove pastry from refrigerator.
- ☐ Brush egg wash over Pastry Stars and around crimped edge of pastry.
- ☐ Whisk remaining 3 eggs in a bowl.
- ☐ Whisk in brown sugar and next 4 ingredients; stir in chopped pecans.
- ☐ Pour filling into pastry shell. Arrange pecan halves around outer edge of filling. Arrange Pastry Stars on top of pie.
- ☐ Bake at 350 on bottom oven rack for 50 to 55 minutes or until filling is set and pastry stars are browned.

- ☐ Transfer to a wire rack to cool completely.
- ☐ Pecan Pie with Grand Marnier: Prepare main recipe as directed above, but add 2 Tbsp. Grand Marnier to filling and substitute 1 tsp. orange extract for vanilla.
- ☐ Bake as directed.
- ☐ Chocolate Pecan Pie: Prepare main recipe as directed above, but add 2 (1-oz.) squares unsweetened chocolate, melted, to filling along with butter.
- ☐ Bake as directed.

Nutrition Facts



Properties

Glycemic Index:5.28, Glycemic Load:2.37, Inflammation Score:-2, Nutrition Score:4.6034783176754%

Flavonoids

Cyanidin: 1.37mg, Cyanidin: 1.37mg, Cyanidin: 1.37mg, Cyanidin: 1.37mg Delphinidin: 0.93mg, Delphinidin: 0.93mg, Delphinidin: 0.93mg, Delphinidin: 0.93mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg

Nutrients (% of daily need)

Calories: 233.73kcal (11.69%), Fat: 14.73g (22.67%), Saturated Fat: 3.82g (23.88%), Carbohydrates: 25.29g (8.43%), Net Carbohydrates: 24.05g (8.75%), Sugar: 23.41g (26.01%), Cholesterol: 52.31mg (17.44%), Sodium: 63.58mg (2.76%), Alcohol: 0.15g (100%), Alcohol %: 0.34% (100%), Protein: 2.72g (5.44%), Manganese: 0.59mg (29.54%), Copper: 0.17mg (8.45%), Vitamin B1: 0.1mg (6.76%), Selenium: 4.46µg (6.36%), Phosphorus: 60.04mg (6%), Zinc: 0.8mg (5.33%), Fiber: 1.24g (4.96%), Magnesium: 18.37mg (4.59%), Vitamin B2: 0.07mg (4.34%), Vitamin A: 196.02IU (3.92%), Iron: 0.63mg (3.51%), Vitamin B5: 0.3mg (3.04%), Calcium: 28.98mg (2.9%), Vitamin E: 0.42mg (2.78%), Vitamin B6: 0.05mg (2.57%), Potassium: 87.19mg (2.49%), Folate: 9.1µg (2.28%), Vitamin D: 0.31µg (2.04%), Vitamin B12: 0.11µg (1.8%), Vitamin B3: 0.22mg (1.09%)