

Sugar Pie IV

READY IN



60 min.

SERVINGS



8

CALORIES



533 kcal

DESSERT

Ingredients

- ☐ 2 cups brown sugar
- ☐ 1 tablespoon plus
- ☐ 1 eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 0.5 cup heavy cream
- ☐ 0.8 cup pecans chopped
- ☐ 1 9-inch unbaked pie crust ()
- ☐ 1 teaspoon vanilla extract

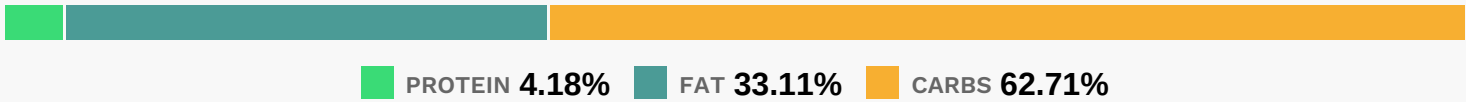
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). In a medium bowl, mix together brown sugar and flour; set aside.
- ☐ In a large bowl, whisk together the cream, egg, corn syrup and vanilla. Stir in brown sugar mixture until blended. Fold in the pecans.
- ☐ Pour filling into pie crust.
- ☐ Bake in preheated oven for 30 to 40 minutes, or until golden brown.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:11.23, Inflammation Score:-4, Nutrition Score:8.6356521993876%

Flavonoids

Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg Delphinidin: 0.74mg, Delphinidin: 0.74mg, Delphinidin: 0.74mg, Delphinidin: 0.74mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg

Nutrients (% of daily need)

Calories: 532.62kcal (26.63%), Fat: 19.97g (30.72%), Saturated Fat: 6.3g (39.34%), Carbohydrates: 85.07g (28.36%), Net Carbohydrates: 82.94g (30.16%), Sugar: 56.44g (62.71%), Cholesterol: 37.27mg (12.42%), Sodium: 131.62mg (5.72%), Alcohol: 0.17g (100%), Alcohol %: 0.16% (100%), Protein: 5.68g (11.35%), Manganese: 0.74mg (37.08%), Vitamin B1: 0.3mg (19.76%), Selenium: 11.25µg (16.07%), Folate: 59.22µg (14.81%), Iron: 2.32mg (12.87%), Vitamin B2: 0.21mg (12.11%), Vitamin B3: 2.02mg (10.12%), Copper: 0.2mg (10.07%), Phosphorus: 89.15mg (8.91%), Fiber: 2.13g (8.53%), Calcium: 73.79mg (7.38%), Magnesium: 27.15mg (6.79%), Zinc: 0.85mg (5.65%), Potassium:

182.68mg (5.22%), Vitamin A: 254.34IU (5.09%), Vitamin B5: 0.47mg (4.7%), Vitamin B6: 0.08mg (3.99%), Vitamin E: 0.46mg (3.1%), Vitamin K: 2.73µg (2.6%), Vitamin D: 0.35µg (2.32%), Vitamin B12: 0.07µg (1.21%)