



The Eatery Pecan Pie

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



372 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 1 cup plus dark
- ☐ 3 large eggs
- ☐ 8 servings pastry for a 9-inch single-crust pie
- ☐ 1 cup pecan halves
- ☐ 0.5 teaspoon salt
- ☐ 0.7 cup sugar

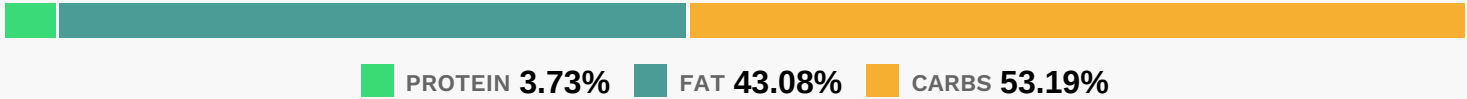
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ aluminum foil

Directions

- ☐ In a large bowl, with a mixer on medium-high speed or with a spoon, beat eggs, sugar, corn syrup, butter, and salt until well blended. Stir in pecans. Scrape mixture into unbaked pastry in pan.
- ☐ Bake on bottom rack of a 375 regular oven or 350 convection oven until center jiggles only slightly when pan is gently shaken, 40 to 50 minutes. If crust browns too quickly (check after 35 minutes), cover pie loosely with foil.
- ☐ Let pie cool on a rack at least 1 1/2 hours.
- ☐ Cut into wedges and serve, or chill airtight up to 1 day.

Nutrition Facts



Properties

Glycemic Index:28.26, Glycemic Load:41.7, Inflammation Score:-3, Nutrition Score:5.6273913513059%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg

Nutrients (% of daily need)

Calories: 371.91kcal (18.6%), Fat: 18.74g (28.83%), Saturated Fat: 3.03g (18.92%), Carbohydrates: 52.06g (17.35%), Net Carbohydrates: 50.86g (18.49%), Sugar: 50.27g (55.86%), Cholesterol: 69.75mg (23.25%), Sodium: 329.89mg (14.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.66g (7.31%), Manganese: 0.61mg (30.53%), Selenium: 7.8µg (11.15%), Copper: 0.19mg (9.35%), Vitamin A: 446.51IU (8.93%), Phosphorus: 78.87mg (7.89%), Vitamin B2:

0.12mg (6.77%), Vitamin B1: 0.1mg (6.59%), Zinc: 0.83mg (5.51%), Magnesium: 21.08mg (5.27%), Fiber: 1.2g (4.81%), Iron: 0.83mg (4.63%), Vitamin E: 0.67mg (4.46%), Vitamin B5: 0.41mg (4.12%), Vitamin B6: 0.06mg (3.14%), Folate: 12.41µg (3.1%), Calcium: 30.03mg (3%), Vitamin B12: 0.18µg (2.94%), Potassium: 100.31mg (2.87%), Vitamin D: 0.38µg (2.5%), Vitamin B3: 0.21mg (1.06%)