



## Utterly Deadly Southern Pecan Pie

READY IN



250 min.

SERVINGS



10

CALORIES



609 kcal

DESSERT

### Ingredients

- 1.5 teaspoons bourbon
- 1.5 cups brown sugar light packed
- 0.5 cup butter cooled melted room temperature
- 4 large eggs
- 2 tablespoons flour all-purpose
- 0.5 cup granulated sugar
- 2 tablespoons milk
- 1.5 cups pecans
- 0.5 cup pecans chopped

- 1 tablespoon powdered sugar
- 14.1 oz pie crust dough refrigerated

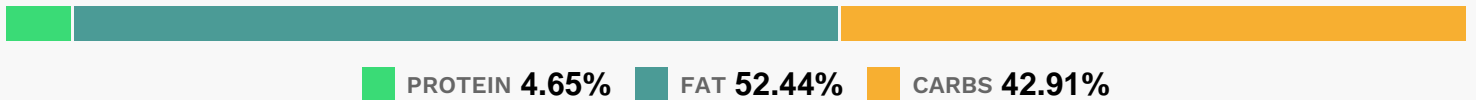
## Equipment

- bowl
- frying pan
- oven
- whisk

## Directions

- Preheat oven to 32
- Fit piecrust into a 10-inch cast-iron skillet; sprinkle piecrust with powdered sugar.
- Whisk eggs in a large bowl until foamy; whisk in brown sugar and next 6 ingredients.
- Pour mixture into piecrust, and top with pecan halves.
- Bake at 325 for 30 minutes; reduce oven temperature to 300, and bake 30 more minutes. Turn oven off, and let pie stand in oven, with door closed, 3 hours.
- \*Vanilla extract may be substituted.

## Nutrition Facts



## Properties

Glycemic Index:26.81, Glycemic Load:7.95, Inflammation Score:-4, Nutrition Score:10.509565199199%

## Flavonoids

Cyanidin: 2.18mg, Cyanidin: 2.18mg, Cyanidin: 2.18mg, Cyanidin: 2.18mg Delphinidin: 1.48mg, Delphinidin: 1.48mg, Delphinidin: 1.48mg, Delphinidin: 1.48mg Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg Epigallocatechin: 1.14mg, Epigallocatechin: 1.14mg, Epigallocatechin: 1.14mg, Epigallocatechin: 1.14mg 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: 608.93kcal (30.45%), Fat: 36.29g (55.83%), Saturated Fat: 11.03g (68.96%), Carbohydrates: 66.82g (22.27%), Net Carbohydrates: 63.83g (23.21%), Sugar: 43.81g (48.67%), Cholesterol: 99.16mg (33.05%), Sodium: 275.4mg (11.97%), Alcohol: 0.25g (100%), Alcohol %: 0.23% (100%), Protein: 7.23g (14.47%), Manganese: 1.13mg (56.39%), Vitamin B1: 0.27mg (17.73%), Copper: 0.31mg (15.33%), Selenium: 10.33µg (14.76%), Phosphorus: 133.34mg (13.33%), Iron: 2.21mg (12.3%), Vitamin B2: 0.2mg (11.95%), Fiber: 2.99g (11.95%), Folate: 45.26µg (11.32%), Zinc: 1.4mg (9.35%), Magnesium: 36.85mg (9.21%), Vitamin A: 408.26IU (8.17%), Vitamin B3: 1.46mg (7.32%), Vitamin B5: 0.72mg (7.17%), Calcium: 67.14mg (6.71%), Vitamin E: 0.94mg (6.29%), Potassium: 202.55mg (5.79%), Vitamin B6: 0.11mg (5.65%), Vitamin K: 4.5µg (4.28%), Vitamin B12: 0.21µg (3.56%), Vitamin D: 0.43µg (2.89%)