



Vanilla Pecan Pie

 Popular

READY IN



70 min.

SERVINGS



10

CALORIES



467 kcal

DESSERT

Ingredients

- 3 tablespoons butter melted
- 0.5 cup plus light
- 8 ounce cream cheese softened
- 3 eggs divided
- 2 cups pecans toasted
- 1 pie crust refrigerated
- 0.3 teaspoon salt
- 0.8 cup sugar divided

4 teaspoons vanilla extract pure divided mccormick®

Equipment

- bowl
- oven
- whisk
- wire rack
- hand mixer

Directions

- Preheat oven to 350 degrees F. Prepare crust as directed on package for one-crust pie using 9-inch deep dish pie plate. Beat cream cheese, 1 of the eggs, 1/4 cup of the sugar and 2 teaspoons of the vanilla in large bowl with electric mixer on medium speed until well blended and smooth.
- Spread evenly on bottom of crust.
- Bake 15 minutes.
- Beat remaining 2 eggs and 1/2 cup sugar in large bowl with wire whisk until smooth.
- Add corn syrup, butter, remaining 2 teaspoons vanilla and salt; stir until well blended.
- Sprinkle pecans evenly over baked cream cheese layer. Slowly pour corn syrup mixture over nuts.
- Bake 35 to 40 minutes or until just set in center. Cool completely on wire rack.

Nutrition Facts



PROTEIN 5.09% **FAT 60.99%** **CARBS 33.92%**

Properties

Glycemic Index:17.61, Glycemic Load:13.39, Inflammation Score:-4, Nutrition Score:8.8743478228217%

Flavonoids

Cyanidin: 2.34mg, Cyanidin: 2.34mg, Cyanidin: 2.34mg, Cyanidin: 2.34mg Delphinidin: 1.59mg, Delphinidin: 1.59mg, Delphinidin: 1.59mg, Delphinidin: 1.59mg Catechin: 1.58mg, Catechin: 1.58mg, Catechin: 1.58mg, Catechin: 1.58mg Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg Epicatechin:

0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg

Nutrients (% of daily need)

Calories: 467.31kcal (23.37%), Fat: 32.67g (50.27%), Saturated Fat: 9.89g (61.8%), Carbohydrates: 40.88g (13.63%), Net Carbohydrates: 38.36g (13.95%), Sugar: 30.04g (33.37%), Cholesterol: 81.04mg (27.01%), Sodium: 255.5mg (11.11%), Alcohol: 0.55g (100%), Alcohol %: 0.62% (100%), Protein: 6.14g (12.28%), Manganese: 1.07mg (53.34%), Copper: 0.29mg (14.51%), Vitamin B1: 0.21mg (14.1%), Phosphorus: 124.13mg (12.41%), Selenium: 8.05µg (11.5%), Vitamin B2: 0.18mg (10.33%), Fiber: 2.52g (10.07%), Vitamin A: 493.2IU (9.86%), Zinc: 1.43mg (9.53%), Magnesium: 33mg (8.25%), Iron: 1.26mg (7%), Folate: 25.07µg (6.27%), Vitamin B5: 0.59mg (5.94%), Vitamin E: 0.81mg (5.43%), Calcium: 51.47mg (5.15%), Potassium: 157.88mg (4.51%), Vitamin B6: 0.09mg (4.5%), Vitamin B3: 0.75mg (3.77%), Vitamin B12: 0.17µg (2.91%), Vitamin K: 2.81µg (2.68%), Vitamin D: 0.26µg (1.76%)