



Vegan Pecan Pie

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



383 kcal

DESSERT

Ingredients

- ☐ 2.5 cups pecans toasted coarsely chopped
- ☐ 0.8 cup maple syrup
- ☐ 0.3 cup karo syrup
- ☐ 1 tablespoon vanilla extract
- ☐ 1 tablespoon ginger fresh minced
- ☐ 0.3 teaspoon sea salt
- ☐ 3 tablespoons flax seeds
- ☐ 1.5 teaspoons arrowroot starch

- ☐ 0.3 cup dairy-free milk beverage (Chef Tucker uses soy milk)
- ☐ 1 9-inch prebaked vegan pie crust for options (see post above)

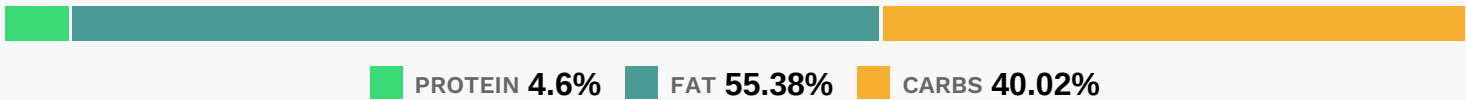
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender

Directions

- ☐ Preheat your oven to 350°F.
- ☐ Place the pecans in a large bowl.
- ☐ In a medium saucepan, whisk together the maple syrup, rice syrup, vanilla, ginger, and salt. Simmer the mixture for 5 minutes.
- ☐ Remove the pan from the heat and let the mixture cool to room temperature.
- ☐ In a spice grinder, grind the flaxseeds to a powder.
- ☐ In a small bowl, whisk together the milk beverage, flaxseed meal, and starch until the starch is dissolves.
- ☐ Pour the milky mixture and the syrup mixture into your blender, and blend until smooth.
- ☐ Pour the liquid from the blender over the pecans and stir well to combine.
- ☐ Scrape the pecan mixture into your prebaked pie shell and even it out.
- ☐ Bake the pie for 30 minutes, or until the filling has firmed up.
- ☐ Let cool completely before slicing.

Nutrition Facts



Properties

Glycemic Index:21.19, Glycemic Load:6.59, Inflammation Score:-3, Nutrition Score:11.183478396872%

Flavonoids

Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg

Nutrients (% of daily need)

Calories: 383.41kcal (19.17%), Fat: 24.46g (37.64%), Saturated Fat: 3.29g (20.56%), Carbohydrates: 39.78g (13.26%), Net Carbohydrates: 36.02g (13.1%), Sugar: 22.64g (25.16%), Cholesterol: 0mg (0%), Sodium: 155.23mg (6.75%), Alcohol: 0.45g (100%), Alcohol %: 0.6% (100%), Protein: 4.57g (9.14%), Manganese: 1.84mg (91.98%), Vitamin B2: 0.39mg (23.23%), Vitamin B1: 0.29mg (19.25%), Copper: 0.36mg (18.05%), Fiber: 3.76g (15.04%), Magnesium: 50.26mg (12.56%), Phosphorus: 102.56mg (10.26%), Zinc: 1.53mg (10.22%), Iron: 1.39mg (7.73%), Calcium: 74.22mg (7.42%), Folate: 24.69µg (6.17%), Potassium: 215.6mg (6.16%), Vitamin B3: 1.21mg (6.06%), Vitamin B6: 0.1mg (4.8%), Selenium: 3.03µg (4.33%), Vitamin E: 0.65mg (4.32%), Vitamin B5: 0.33mg (3.27%), Vitamin K: 2.46µg (2.34%), Vitamin B12: 0.09µg (1.42%), Vitamin C: 0.89mg (1.08%)