



Walnut Maple Pie

 Popular

READY IN



50 min.

SERVINGS



8

CALORIES



450 kcal

DESSERT

Ingredients

- 1 pie shell frozen for at least 30 minutes (see pie crust recipe)
- 2 cups walnuts roughly chopped
- 2 eggs beaten
- 1 cup maple syrup dark (robust)
- 1 Tbsp rum dark
- 0.5 teaspoon vanilla extract
- 2 Tbsp butter melted
- 2 Tbsp all purpose flour

- 0.3 teaspoon salt
- 0.1 teaspoon ground cinnamon
- 0.1 teaspoon ground nutmeg

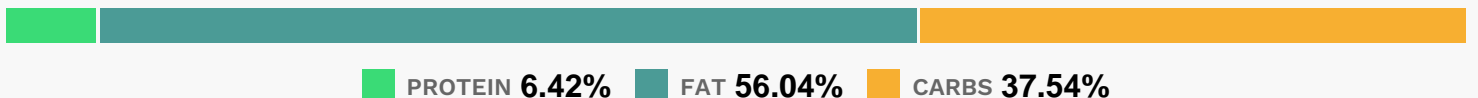
Equipment

- bowl
- baking sheet
- oven
- whisk
- aluminum foil

Directions

- Make egg, maple syrup base: Preheat oven to 375°F. In a bowl, mix together the beaten eggs, maple syrup, rum (if using), vanilla extract, melted butter.
- Sprinkle with flour, salt, cinnamon and nutmeg.
- Whisk until smooth.
- Spread the chopped walnuts over the bottom of a prepared pie shell.
- Pour the maple syrup egg mixture over the walnuts.
- Place the pie in the preheated oven on the middle rack.
- Place a cookie sheet on the rack underneath to catch any drippings from the pie crust.
- Bake at 375°F for 40–45 minutes. After about 20 minutes (about halfway through the baking), you may want to tent the pie crust edges with foil, or use a pie protector, so that the edges don't get burnt.
- Don't worry if the surface of the pie "cracks" while cooking. The pie filling will puff up while hot (because of the eggs), and then deflate while it cools.
- Remove from the oven and let cool completely before serving.

Nutrition Facts



Properties

Glycemic Index:33.94, Glycemic Load:11.35, Inflammation Score:-4, Nutrition Score:13.272173849137%

Flavonoids

Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg

Nutrients (% of daily need)

Calories: 450.38kcal (22.52%), Fat: 28.57g (43.95%), Saturated Fat: 5.71g (35.67%), Carbohydrates: 43.04g (14.35%), Net Carbohydrates: 40.48g (14.72%), Sugar: 24.97g (27.74%), Cholesterol: 48.55mg (16.18%), Sodium: 202.32mg (8.8%), Alcohol: 0.71g (100%), Alcohol %: 0.82% (100%), Protein: 7.37g (14.74%), Manganese: 2.04mg (102.08%), Vitamin B2: 0.65mg (38.37%), Copper: 0.49mg (24.63%), Magnesium: 59.77mg (14.94%), Phosphorus: 141.34mg (14.13%), Vitamin B1: 0.2mg (13.62%), Folate: 52.27µg (13.07%), Fiber: 2.56g (10.26%), Iron: 1.73mg (9.63%), Zinc: 1.44mg (9.61%), Selenium: 6.69µg (9.56%), Vitamin B6: 0.19mg (9.38%), Calcium: 84.31mg (8.43%), Potassium: 258.87mg (7.4%), Vitamin B3: 1.06mg (5.28%), Vitamin B5: 0.43mg (4.34%), Vitamin E: 0.5mg (3.35%), Vitamin A: 154.3IU (3.09%), Vitamin K: 2.64µg (2.51%), Vitamin B12: 0.1µg (1.73%), Vitamin D: 0.22µg (1.47%)