

Jam Packed Pecan Pie

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Servings: 8

pastry for a single-crust pie

3 eggs

3/4 cup sugar

3/4 cup dark corn syrup

2 tablespoons butter, melted

1 tablespoon bourbon

2 cups (12 ounces) semisweet

chocolate chips

*1 cup + 3 tablespoons flaked coconut,
divided*

1 cup chopped pecans

Preparation Time: 25 minutes

Bake: 45 minutes

Preheat the oven to 350 degrees.

On a lightly floured surface, roll the pastry dough to an 1/8-inch-thick circle. Transfer to a nine-inch pie plate. Trim the pastry to 1/2-inch beyond the rim of the plate; flute the edge.

In a bowl, beat the eggs, sugar, corn syrup, butter and bourbon until blended. Stir in the chocolate chips, one cup of coconut and the pecans. Pour into the pastry shell. Sprinkle with the remaining coconut.

Bake for 45 to 50 minutes or until the filling is set. Cool on a wire rack.

Serve or refrigerate, covered, within two hours.

Per Serving (excluding unknown items): 517 Calories; 27g Fat (44.4% calories from fat); 5g Protein; 72g Carbohydrate; 4g Dietary Fiber; 87mg Cholesterol; 108mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 5 Fat; 4 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	517	Vitamin B6 (mg):	.1mg
% Calories from Fat:	44.4%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	51.7%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	3.8%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	27g	Folacin (mcg):	16mcg

Saturated Fat (g): 11g
Monounsaturated Fat (g): 12g
Polyunsaturated Fat (g): 3g
Cholesterol (mg): 87mg
Carbohydrate (g): 72g
Dietary Fiber (g): 4g
Protein (g): 5g
Sodium (mg): 108mg
Potassium (mg): 252mg
Calcium (mg): 35mg
Iron (mg): 2mg
Zinc (mg): 2mg
Vitamin C (mg): trace
Vitamin A (i.u.): 307IU
Vitamin A (r.e.): 64RE

Niacin (mg): trace
Caffeine (mg): 26mg
Alcohol (kcal): 4
% Refuse: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 5
Other Carbohydrates: 4 1/2

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 517 **Calories from Fat:** 230

% Daily Values*

Total Fat 27g	42%
Saturated Fat 11g	53%
Cholesterol 87mg	29%
Sodium 108mg	5%
Total Carbohydrates 72g	24%
Dietary Fiber 4g	14%
Protein 5g	
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Vitamin A	6%
Vitamin C	0%
Calcium	4%
Iron	12%

* Percent Daily Values are based on a 2000 calorie diet.