

Pecan Pie

What's Cooking II

North American Institute of Modern Cuisine

Servings: 8

1 9-inch pie crust
1 1/3 cups brown sugar
1/2 cup condensed milk
2 eggs
2 tablespoons all-purpose flour
2 teaspoons vanilla extract
1 tablespoon butter, melted
2/3 cup pecans

Preheat the oven to 350 degrees.

Line a pie pan with the crust. Set aside.

In a bowl, mix the brown sugar and condensed milk. Fold in the eggs, flour, vanilla extract and melted butter. Pour into the crust. Arrange the pecans on top.

Bake in the oven for 25 to 30 minutes.

Per Serving (excluding unknown items): 192 Calories; 9g Fat (40.0% calories from fat); 2g Protein; 27g Carbohydrate; 1g Dietary Fiber; 57mg Cholesterol; 42mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 1/2 Fat; 1 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	192	Vitamin B6 (mg):	trace
% Calories from Fat:	40.0%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	55.0%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	5.1%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	9g	Folacin (mcg):	13mcg
Saturated Fat (g):	2g	Niacin (mg):	trace
Monounsaturated Fat (g):	5g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	3
Cholesterol (mg):	57mg	% Refuse:	0.0%
Carbohydrate (g):	27g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	2g	Lean Meat:	0
Sodium (mg):	42mg	Vegetable:	0

Potassium (mg): 138mg
Calcium (mg): 31mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): trace
Vitamin A (i.u.): 127IU
Vitamin A (r.e.): 32RE

Fruit: 0
Non-Fat Milk: 0
Fat: 1 1/2
Other Carbohydrates: 1 1/2

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 192 Calories from Fat: 77

% Daily Values*

Total Fat	9g	13%
	Saturated Fat 2g	9%
Cholesterol	57mg	19%
Sodium	42mg	2%
Total Carbohydrates	27g	9%
	Dietary Fiber 1g	3%
Protein	2g	

Vitamin A	3%
Vitamin C	0%
Calcium	3%
Iron	5%

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