



Bittersweet Chocolate Pecan Pie

 Vegetarian

READY IN



180 min.

SERVINGS



8

CALORIES



509 kcal

DESSERT

Ingredients

- ☐ 3.5 ounces fine-quality 60%- to 70%-cacao bittersweet chocolate bar finely chopped
- ☐ 0.8 cup plus dark
- ☐ 3 large eggs
- ☐ 0.3 cup brown sugar light packed
- ☐ 8 servings accompaniment: lightly whipped cream sweetened
- ☐ 8 servings pastry dough
- ☐ 7 ounces pecan halves cooled toasted
- ☐ 0.3 teaspoon salt

☐ 1 teaspoon vanilla extract pure

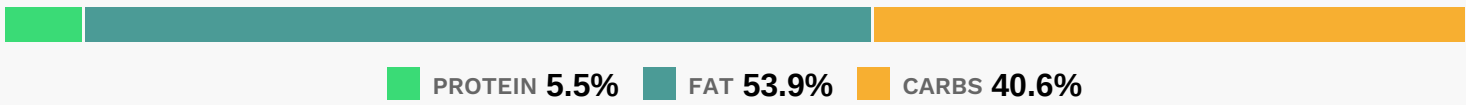
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ rolling pin

Directions

- ☐ Preheat oven to 375°F with rack in middle.
- ☐ Melt chocolate in a metal bowl set over barely simmering water, stirring.
- ☐ Remove from heat.
- ☐ Roll out dough into a 13-inch round on a lightly floured surface with a lightly floured rolling pin. Fit into a 9-inch pie plate. Trim excess dough, leaving a 1/2-inch overhang. Fold overhang under and press against rim of pie plate, then crimp decoratively.
- ☐ Spread chocolate in bottom of pie shell with back of spoon and let it set, then cover with pecans.
- ☐ Whisk together eggs, brown sugar, vanilla, and salt in a bowl, then whisk in corn syrup and pour over pecans.
- ☐ Bake pie until filling is puffed and crust is golden, 50 to 60 minutes. (If pie is browning too fast after 30 minutes, loosely cover with foil.) Cool pie on a rack to warm or room temperature.
- ☐ Serve with whipped cream.
- ☐ Pie can be baked 1 day ahead and chilled, uncovered, until cool, then covered. Reheat in a 350°F oven until warm, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:20.13, Glycemic Load:27.09, Inflammation Score:-5, Nutrition Score:12.619999862236%

Flavonoids

Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg Delphinidin: 1.81mg, Delphinidin: 1.81mg, Delphinidin: 1.81mg, Delphinidin: 1.81mg Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epigallocatechin: 1.4mg, Epigallocatechin: 1.4mg, Epigallocatechin: 1.4mg, Epigallocatechin: 1.4mg 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: 508.65kcal (25.43%), Fat: 31.62g (48.65%), Saturated Fat: 8.89g (55.54%), Carbohydrates: 53.58g (17.86%), Net Carbohydrates: 49.49g (17.99%), Sugar: 38.9g (43.23%), Cholesterol: 90.67mg (30.22%), Sodium: 251.41mg (10.93%), Alcohol: 0.17g (100%), Alcohol %: 0.17% (100%), Caffeine: 9.92mg (3.31%), Protein: 7.26g (14.53%), Manganese: 1.49mg (74.64%), Copper: 0.57mg (28.55%), Vitamin B1: 0.28mg (18.79%), Selenium: 13.01µg (18.58%), Iron: 3.23mg (17.92%), Magnesium: 66.84mg (16.71%), Fiber: 4.09g (16.38%), Phosphorus: 162.2mg (16.22%), Zinc: 1.89mg (12.57%), Vitamin B2: 0.2mg (11.51%), Folate: 31.08µg (7.77%), Potassium: 257.33mg (7.35%), Vitamin A: 337.48IU (6.75%), Vitamin B5: 0.63mg (6.3%), Calcium: 62.97mg (6.3%), Vitamin B3: 1.23mg (6.14%), Vitamin B6: 0.1mg (5.06%), Vitamin E: 0.63mg (4.22%), Vitamin B12: 0.2µg (3.36%), Vitamin D: 0.38µg (2.5%), Vitamin K: 2.3µg (2.2%)