



Brownie Pie

READY IN



75 min.

SERVINGS



16

CALORIES



1644 kcal

DESSERT

Ingredients

- 1 cup butter
- 18 inch deep dish pie crust
- 4 large eggs
- 2 cups pecans
- 1 cup self raising flour
- 12 ounce semi chocolate chips
- 2 cups sugar
- 2 teaspoons vanilla extract

Equipment

- bowl
- baking sheet
- oven
- microwave

Directions

- Pre heat oven to 350 degrees. Lightly beat eggs. Coarsely chop pecans. Melt chocolate morsels in microwave and let cool. Sift one cup self rising flour. Toast nuts in oven by placing them on cookie sheet in hot oven for 5–7 minutes, remove and let cool.
- Combine eggs, sugar, and cooled melted chocolate in large bowl.
- Add flour and mix well. Stir in remaining ingredients and pour equal portions into each uncooked pie shell.
- Bake 55 minutes.
- Let cool for 30 minutes before serving.

Nutrition Facts

PROTEIN 4.62% **FAT 56.07%** **CARBS 39.31%**

Properties

Glycemic Index:12.32, Glycemic Load:21.18, Inflammation Score:-7, Nutrition Score:25.287391353561%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg

Nutrients (% of daily need)

Calories: 1644kcal (82.2%), Fat: 103.03g (158.51%), Saturated Fat: 33.82g (211.37%), Carbohydrates: 162.56g (54.19%), Net Carbohydrates: 155.92g (56.7%), Sugar: 33.39g (37.1%), Cholesterol: 78.28mg (26.09%), Sodium: 1009.06mg (43.87%), Alcohol: 0.17g (100%), Alcohol %: 0.06% (100%), Caffeine: 18.29mg (6.1%), Protein: 19.1g

(38.2%), Manganese: 2.12mg (105.82%), Folate: 207.37µg (51.84%), Vitamin B1: 0.68mg (45.18%), Iron: 7.71mg (42.82%), Vitamin K: 41.16µg (39.2%), Vitamin B3: 6.77mg (33.87%), Copper: 0.64mg (32%), Selenium: 20.93µg (29.9%), Phosphorus: 298.21mg (29.82%), Vitamin B2: 0.46mg (27.17%), Fiber: 6.64g (26.54%), Vitamin E: 3.94mg (26.29%), Magnesium: 94.33mg (23.58%), Zinc: 2.54mg (16.91%), Vitamin B5: 1.33mg (13.28%), Potassium: 432.37mg (12.35%), Vitamin B6: 0.18mg (8.87%), Vitamin A: 439.76IU (8.8%), Calcium: 84.58mg (8.46%), Vitamin B12: 0.17µg (2.89%), Vitamin D: 0.25µg (1.67%)