



Caribbean Fudge Pie

 Dairy Free

READY IN



117 min.

SERVINGS



57

CALORIES



80 kcal

DESSERT

Ingredients

- 0.8 cup firmly brown sugar packed
- 0.3 cup butter softened ()
- 3 eggs
- 0.3 cup flour
- 2 tsp maxwell house coffee instant
- 1 unbaked 9-inch pastry shell
- 1 tsp rum extract
- 8 oz baker's semi-sweet chocolate

- 0.5 cup planters walnut halves
- 1 cup planters walnuts chopped

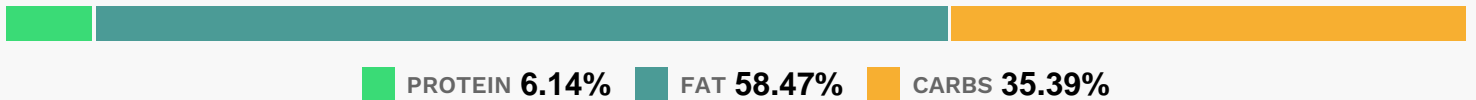
Equipment

- bowl
- oven
- hand mixer
- microwave

Directions

- Preheat oven to 375F. Microwave chocolate in microwaveable bowl on HIGH 2 min. or until almost melted, stirring after 1 min. Stir until chocolate is completely melted; set aside. Beat butter and sugar in large bowl with electric mixer on medium speed until light and fluffy.
- Add eggs, one at a time, beating until well blended after each addition.
- Add chocolate, coffee and rum extract; mix well. Stir in flour and chopped walnuts.
- Pour into pastry shell. Arrange walnut halves on top of pie.
- Bake in lower third of oven for 25 min. Cool. Refrigerate at least 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:2.02, Glycemic Load:0.35, Inflammation Score:-1, Nutrition Score:1.8752173944984%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg

Nutrients (% of daily need)

Calories: 80.39kcal (4.02%), Fat: 5.34g (8.21%), Saturated Fat: 1.55g (9.68%), Carbohydrates: 7.27g (2.42%), Net Carbohydrates: 6.65g (2.42%), Sugar: 4.36g (4.84%), Cholesterol: 8.85mg (2.95%), Sodium: 26.17mg (1.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.52mg (1.51%), Protein: 1.26g (2.52%), Manganese: 0.18mg (8.89%), Copper: 0.1mg (5.24%), Magnesium: 13.12mg (3.28%), Phosphorus: 28.77mg (2.88%), Iron: 0.51mg (2.81%), Fiber: 0.61g (2.46%), Selenium: 1.59µg (2.27%), Folate: 7.24µg (1.81%), Vitamin B1: 0.03mg (1.69%), Zinc: 0.25mg

(1.66%), Vitamin B2: 0.03mg (1.49%), Potassium: 48.32mg (1.38%), Vitamin B6: 0.02mg (1.24%), Vitamin A: 50.75IU (1.02%), Calcium: 10.18mg (1.02%)