



Caribbean Fudge Pie III

READY IN



15 min.

SERVINGS



8

CALORIES



1360 kcal

DESSERT

Ingredients

- 0.8 cup brown sugar packed
- 0.3 cup butter softened
- 3 eggs
- 0.3 cup flour all-purpose
- 2 teaspoons coffee granules instant
- 9 inch pie shell
- 1 teaspoon rum extract flavored
- 1 ounce bittersweet chocolate
- 0.5 cup walnut halves

1 cup walnuts chopped

Equipment

bowl

oven

microwave

Directions

Preheat oven to 375 degrees F (190 degrees C). In a microwave-safe bowl, microwave chocolate until melted. Stir occasionally until chocolate is smooth.

Cream butter or margarine and sugar till fluffy. Beat in eggs, one at a time.

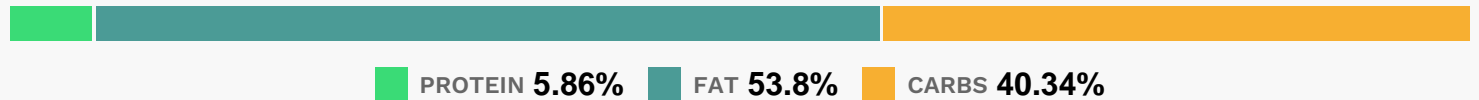
Add melted chocolate, coffee, and rum; mix well. Stir in flour and chopped nuts.

Pour filling into pie shell, and decorate with walnut halves.

Bake for 25 minutes.

Remove pie from oven, and cool completely. Refrigerate 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:20.63, Glycemic Load:2.47, Inflammation Score:-7, Nutrition Score:23.11652174592%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg

Nutrients (% of daily need)

Calories: 1360.17kcal (68.01%), Fat: 81.68g (125.66%), Saturated Fat: 24.65g (154.08%), Carbohydrates: 137.78g (45.93%), Net Carbohydrates: 130.3g (47.38%), Sugar: 21.96g (24.4%), Cholesterol: 76.84mg (25.61%), Sodium: 996.03mg (43.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 10.9mg (3.63%), Protein: 20.01g (40.02%), Manganese: 1.84mg (91.96%), Vitamin B1: 0.73mg (48.82%), Folate: 194.32µg (48.58%), Iron: 7.34mg (40.78%), Vitamin B3: 6.69mg (33.45%), Vitamin B2: 0.51mg (30.26%), Fiber: 7.48g (29.94%), Selenium: 20.94µg (29.91%), Copper: 0.59mg (29.47%), Phosphorus: 287.29mg (28.73%), Magnesium: 80.3mg (20.08%), Vitamin K: 17.83µg (16.99%), Zinc: 2.04mg (13.59%), Vitamin B5: 1.35mg (13.52%), Vitamin B6: 0.27mg (13.5%), Potassium: 400.02mg (11.43%), Vitamin E: 1.55mg (10.33%), Calcium: 95.45mg (9.54%), Vitamin A: 274.78IU (5.5%), Vitamin B12: 0.17µg

(2.75%), Vitamin D: 0.33 μ g (2.2%)