



Chocolate-Apricot Pie

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



163 kcal

DESSERT

Ingredients

- 1.3 cups percent milk
- 2 cups apricots sliced (8)
- 4 eggs
- 0.5 cup granulated sugar divided
- 0.3 teaspoon salt
- 2 teaspoon butter unsalted
- 2 ounces chocolate unsweetened melted
- 1 teaspoon vanilla extract

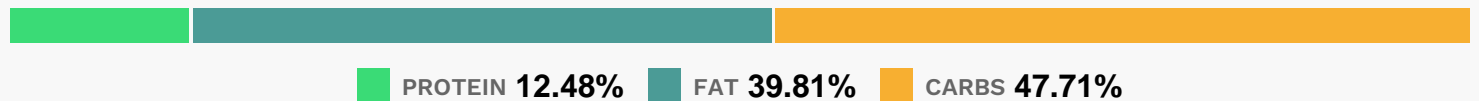
Equipment

- bowl
- frying pan
- oven
- whisk
- pot

Directions

- Heat oven to 400°F. In a bowl, whisk eggs; set aside. In another bowl, combine chocolate, butter and vanilla. In a heavy-bottomed pot (to prevent burning), combine milk with 1/2 cup sugar and salt over medium heat; whisk constantly until mixture comes to a simmer.
- Remove pot from heat.
- Whisk milk mixture into eggs until combined.
- Whisk chocolate-butter mixture into milk-egg mixture; spoon custard into piecrust.
- Bake pie until it begins to set at edges but center jiggles slightly when you shake pan, 13 to 15 minutes.
- Remove pie from oven; let cool for at least 3 hours. In a bowl, 10 minutes prior to serving, toss apricots with remaining 1 tablespoon sugar; arrange apricots on top of pie.
- Self

Nutrition Facts



Properties

Glycemic Index:13.97, Glycemic Load:10.2, Inflammation Score:-6, Nutrition Score:7.4913043405699%

Flavonoids

Catechin: 5.98mg, Catechin: 5.98mg, Catechin: 5.98mg, Catechin: 5.98mg Epicatechin: 11.89mg, Epicatechin: 11.89mg, Epicatechin: 11.89mg, Epicatechin: 11.89mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 162.53kcal (8.13%), Fat: 7.74g (11.9%), Saturated Fat: 4.1g (25.61%), Carbohydrates: 20.86g (6.95%), Net Carbohydrates: 18.91g (6.88%), Sugar: 18.13g (20.15%), Cholesterol: 87.48mg (29.16%), Sodium: 123.64mg (5.38%), Alcohol: 0.17g (100%), Alcohol %: 0.18% (100%), Caffeine: 5.67mg (1.89%), Protein: 5.46g (10.91%), Vitamin A: 933.97IU (18.68%), Manganese: 0.34mg (16.92%), Copper: 0.28mg (13.95%), Selenium: 8.38µg (11.97%), Phosphorus: 115.08mg (11.51%), Vitamin B2: 0.19mg (11.45%), Iron: 1.78mg (9.91%), Magnesium: 33.83mg (8.46%), Zinc: 1.22mg (8.16%), Fiber: 1.95g (7.81%), Calcium: 69.29mg (6.93%), Potassium: 242.48mg (6.93%), Vitamin B12: 0.39µg (6.56%), Vitamin B5: 0.57mg (5.75%), Vitamin C: 3.95mg (4.79%), Folate: 17.69µg (4.42%), Vitamin E: 0.64mg (4.3%), Vitamin B6: 0.07mg (3.72%), Vitamin D: 0.46µg (3.06%), Vitamin B1: 0.05mg (3.02%), Vitamin K: 2.19µg (2.09%), Vitamin B3: 0.38mg (1.91%)