



Chocolate-Bourbon Pecan Pie

READY IN



130 min.

SERVINGS



8

CALORIES



811 kcal

DESSERT

Ingredients

- ☐ 0.3 cup bourbon
- ☐ 0.5 cup brown sugar light packed
- ☐ 0.3 cup butter melted
- ☐ 1 cup corn syrup dark
- ☐ 4 large eggs
- ☐ 0.5 cup granulated sugar
- ☐ 1.5 cups pecans toasted chopped
- ☐ 14.1 ounce pie crust dough refrigerated
- ☐ 6 ounces semi chocolate chips

- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons vanilla extract
- ☐ 2 teaspoons cornmeal plain white

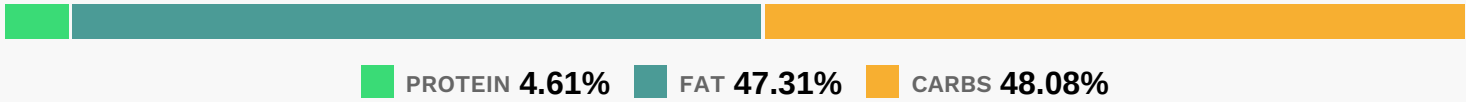
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Preheat oven to 325 degrees. Fit piecrust into a 9-inch deep-dish pie plate according to package directions; fold edges under, and crimp.
- ☐ Sprinkle pecans and chocolate evenly onto bottom of piecrust.
- ☐ Stir together corn syrup and next 3 ingredients in a large saucepan, and bring to a boil over medium heat. Cook, stirring constantly, 3 minutes.
- ☐ Remove from heat.
- ☐ Whisk together eggs and next 4 ingredients. Gradually whisk one-fourth of hot corn syrupmixture into egg mixture; add to remaining hot corn syrup mixture, whisking constantly.
- ☐ Pour filling into prepared piecrust.
- ☐ Bake at 325 for 55 minutes or until set; cool pie completely on a wire rack (about one hour).

Nutrition Facts



Properties

Glycemic Index:29.39, Glycemic Load:38.57, Inflammation Score:-5, Nutrition Score:14.216086760811%

Flavonoids

Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg Delphinidin: 1.35mg, Delphinidin: 1.35mg, Delphinidin: 1.35mg, Delphinidin: 1.35mg Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg

Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg
Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3–gallate:
0.43mg, Epigallocatechin 3–gallate: 0.43mg, Epigallocatechin 3–gallate: 0.43mg, Epigallocatechin 3–gallate:
0.43mg

Nutrients (% of daily need)

Calories: 810.81kcal (40.54%), Fat: 42.73g (65.74%), Saturated Fat: 14.34g (89.63%), Carbohydrates: 97.73g
(32.58%), Net Carbohydrates: 92.94g (33.8%), Sugar: 67.66g (75.18%), Cholesterol: 109.53mg (36.51%), Sodium:
503.17mg (21.88%), Alcohol: 2.85g (100%), Alcohol %: 1.8% (100%), Caffeine: 18.29mg (6.1%), Protein: 9.36g (18.73%),
Manganese: 1.4mg (70.2%), Copper: 0.58mg (28.85%), Iron: 3.84mg (21.32%), Selenium: 14.56µg (20.8%),
Phosphorus: 200.88mg (20.09%), Fiber: 4.78g (19.14%), Magnesium: 75.92mg (18.98%), Vitamin B1: 0.28mg
(18.93%), Vitamin B2: 0.24mg (14.37%), Zinc: 2mg (13.34%), Folate: 51.32µg (12.83%), Potassium: 322.5mg (9.21%),
Vitamin B3: 1.81mg (9.05%), Vitamin B5: 0.86mg (8.58%), Calcium: 70.84mg (7.08%), Vitamin E: 1.04mg (6.96%),
Vitamin A: 333.8IU (6.68%), Vitamin B6: 0.13mg (6.33%), Vitamin K: 6.4µg (6.1%), Vitamin B12: 0.27µg (4.55%),
Vitamin D: 0.5µg (3.33%)