



Chocolate Brownie Walnut Pie

READY IN



190 min.

SERVINGS



8

CALORIES



677 kcal

DESSERT

Ingredients

- 0.7 cup butter
- 5 oz baker's chocolate unsweetened
- 1.3 cups sugar
- 2 teaspoons vanilla
- 3 eggs
- 1 cup flour all-purpose
- 0.5 cup walnut pieces chopped toasted
- 12 oz deep dish pie crust frozen (2 Count)
- 1 serving whipped cream

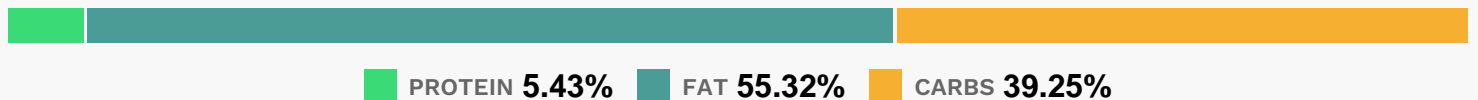
Equipment

- bowl
- frying pan
- sauce pan
- oven
- wire rack
- hand mixer
- toothpicks

Directions

- Heat oven to 350°.
- In 1-quart saucepan, melt butter and chocolate over low heat, stirring constantly. Cool 5 minutes.
- In medium bowl, beat sugar, vanilla and eggs with electric mixer on high speed 5 minutes. Beat in chocolate mixture on low speed, scraping bowl occasionally. Beat in flour just until blended, scraping bowl occasionally. Stir in walnuts.
- Spread in frozen pie crust.
- Bake 37 to 42 minutes or until toothpick inserted halfway between center and edge of pan comes out almost clean. Cool in pan on wire rack, at least 2 hours.
- Cut into wedges.
- Serve with whipped cream, if desired.

Nutrition Facts



Properties

Glycemic Index:33.76, Glycemic Load:30.6, Inflammation Score:-7, Nutrition Score:15.200434928031%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 11.4mg, Catechin: 11.4mg, Catechin: 11.4mg, Catechin: 11.4mg Epicatechin: 25.13mg, Epicatechin: 25.13mg, Epicatechin: 25.13mg, Epicatechin: 25.13mg

Nutrients (% of daily need)

Calories: 676.83kcal (33.84%), Fat: 43.59g (67.06%), Saturated Fat: 20g (125.03%), Carbohydrates: 69.58g (23.19%), Net Carbohydrates: 65.14g (23.69%), Sugar: 31.84g (35.38%), Cholesterol: 102.62mg (34.21%), Sodium: 300.35mg (13.06%), Alcohol: 0.34g (100%), Alcohol %: 0.29% (100%), Caffeine: 14.17mg (4.72%), Protein: 9.62g (19.25%), Manganese: 1.31mg (65.26%), Copper: 0.76mg (38%), Iron: 5.29mg (29.4%), Selenium: 14.46µg (20.65%), Magnesium: 81.87mg (20.47%), Folate: 81.81µg (20.45%), Vitamin B1: 0.28mg (18.54%), Phosphorus: 179.9mg (17.99%), Fiber: 4.45g (17.79%), Zinc: 2.47mg (16.49%), Vitamin B2: 0.26mg (15.05%), Vitamin B3: 2.33mg (11.66%), Vitamin A: 568.43IU (11.37%), Vitamin K: 9.73µg (9.27%), Vitamin E: 1.28mg (8.5%), Potassium: 265.24mg (7.58%), Vitamin B5: 0.57mg (5.69%), Calcium: 50.87mg (5.09%), Vitamin B6: 0.1mg (5%), Vitamin B12: 0.18µg (3.02%), Vitamin D: 0.33µg (2.22%)