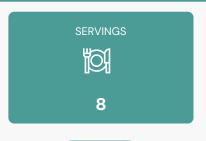


Chocolate-Caramel Pecan Pie







DESSERT

Ingredients

0.3	cup	butter
0.0	cup	Datter

- 28 caramels
- 8 oz cream cheese softened
- 1 large eggs
- 2 large eggs
- 1.5 cups pecan halves and pieces
- 14.1 oz piecrusts refrigerated
- 0.3 teaspoon salt
- 1 cup semisweet chocolate morsels

	1 cup sugar divided
	1 teaspoon vanilla extract
	0.5 cup whipping cream divided
Eq	Juipment
	bowl
	frying pan
	baking sheet
	baking paper
	oven
	whisk
	wire rack
	hand mixer
	aluminum foil
	microwave
	tart form
Di	rections
	Preheat oven to 35
	Bake pecans in a single layer in a shallow pan 8 to 10 minutes or until toasted, stirring halfway through. Cool completely on a wire rack (about 30 minutes). Increase oven temperature to 42
	Unroll piecrusts; stack on a lightly floured surface.
	Roll stacked piecrusts into a 12-inch circle. Fit piecrust into a 10-inch deep-dish tart pan with removable bottom; press into fluted edges. Trim off excess crust along edges. Line piecrust with aluminum foil or parchment paper, and fill with pie weights or dried beans.
	Place pan on a foil-lined baking sheet.
	Bake at 425 for 12 minutes.
	Remove weights and foil, and bake 4 more minutes. Cool completely on baking sheet on a wire rack (about 15 minutes). Reduce oven temperature to 35

Nutrition Facts			
	Bake at 350 for 55 minutes to 1 hour and 5 minutes or until center is almost set, shielding edges with aluminum foil after 45 minutes to prevent excessive browning. Cool completely on a wire rack (about 2 hours).		
	Whisk together 2 eggs, vanilla, salt, and remaining 3/4 cup sugar; whisk into caramel mixture until blended. Stir in pecans; spoon over chocolate mixture in prepared crust.		
	Microwave caramels, butter, and remaining 1/4 cup cream in a large microwave-safe bowl at HIGH 1 to 2 minutes or until smooth, stirring at 30-second intervals.		
	Add chocolate mixture, beating just until blended. Spoon batter into prepared crust.		
	Add 1 egg, beating at low speed just until blended.		
	Beat cream cheese and 1/4 cup sugar at medium speed with an electric mixer 1 to 2 minutes or until smooth.		
	Microwave chocolate morsels and 1/4 cup cream in a microwave-safe bowl at HIGH 1 minute or until melted and smooth, stirring at 30-second intervals.		

Properties

Glycemic Index:27.76, Glycemic Load:35.48, Inflammation Score:-7, Nutrition Score:16.883913073851%

Flavonoids

Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg Delphinidin: 1.49mg, Delphinidin: 1.49mg, Delphinidin: 1.49mg, Delphinidin: 1.49mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.15mg, Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg, Epigallocatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg

PROTEIN 5.12% FAT 56.91% CARBS 37.97%

Nutrients (% of daily need)

Calories: 958.71kcal (47.94%), Fat: 61.93g (95.28%), Saturated Fat: 24.55g (153.41%), Carbohydrates: 92.97g (30.99%), Net Carbohydrates: 87.96g (31.98%), Sugar: 58.58g (65.09%), Cholesterol: 134.24mg (44.75%), Sodium: 530.6mg (23.07%), Alcohol: 0.17g (100%), Alcohol %: 0.1% (100%), Caffeine: 19.35mg (6.45%), Protein: 12.53g (25.06%), Manganese: 1.45mg (72.67%), Copper: 0.59mg (29.61%), Phosphorus: 268.81mg (26.88%), Vitamin B2: 0.4mg (23.45%), Vitamin B1: 0.33mg (22.2%), Selenium: 15.01µg (21.44%), Magnesium: 83.82mg (20.96%), Iron: 3.68mg (20.43%), Fiber: 5.01g (20.04%), Vitamin A: 915.81IU (18.32%), Zinc: 2.33mg (15.53%), Calcium: 135.92mg (13.59%), Folate: 53.04µg (13.26%), Potassium: 415.12mg (11.86%), Vitamin B5: 1.16mg (11.58%), Vitamin E: 1.55mg (10.35%), Vitamin B3: 1.88mg (9.42%), Vitamin K: 8.24µg (7.84%), Vitamin B6: 0.15mg (7.42%), Vitamin B12: 0.41µg

(6.84%), Vitamin D: 0.61µg (4.09%)