



Chocolate Chess Pie

READY IN



45 min.

SERVINGS



8

CALORIES



341 kcal

DESSERT

Ingredients

- 0.3 cup butter melted
- 0.3 cup cocoa powder
- 2 eggs
- 5.3 ounce evaporated milk canned
- 1 pie crust dough (9-inch)
- 1 pinch salt
- 1.5 cups sugar
- 1 teaspoon vanilla extract

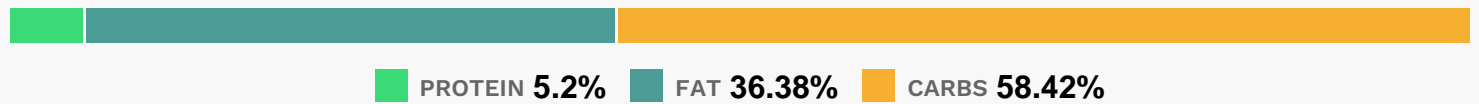
Equipment

- oven
- mixing bowl

Directions

- Combine sugar, cocoa, and salt; stir well. Set aside.
- Combine eggs, butter, milk, and vanilla in a mixing bowl; beat well.
- Add sugar mixture; mix well.
- Pour filling into pastry shell.
- Bake at 350 for 45 to 50 minutes. Cool before slicing.

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:26.18, Inflammation Score:-3, Nutrition Score:4.9113043572592%

Flavonoids

Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 341.29kcal (17.06%), Fat: 14.21g (21.87%), Saturated Fat: 4.35g (27.17%), Carbohydrates: 51.34g (17.11%), Net Carbohydrates: 49.81g (18.11%), Sugar: 39.47g (43.86%), Cholesterol: 46.4mg (15.47%), Sodium: 195.28mg (8.49%), Alcohol: 0.17g (100%), Alcohol %: 0.22% (100%), Caffeine: 6.18mg (2.06%), Protein: 4.57g (9.14%), Manganese: 0.2mg (10.2%), Phosphorus: 96.81mg (9.68%), Vitamin B2: 0.16mg (9.58%), Selenium: 5.63µg (8.05%), Vitamin A: 358.5IU (7.17%), Copper: 0.13mg (6.59%), Calcium: 65.5mg (6.55%), Iron: 1.17mg (6.52%), Fiber: 1.53g (6.1%), Magnesium: 22.72mg (5.68%), Folate: 22.49µg (5.62%), Vitamin B1: 0.07mg (4.97%), Potassium: 138.34mg (3.95%), Vitamin B5: 0.39mg (3.88%), Zinc: 0.57mg (3.8%), Vitamin B3: 0.68mg (3.4%), Vitamin E: 0.47mg (3.11%), Vitamin B12: 0.14µg (2.25%), Vitamin B6: 0.04mg (2.14%), Vitamin K: 1.76µg (1.68%), Vitamin D: 0.24µg (1.59%)