



Chocolate Chess Pie III

READY IN



50 min.

SERVINGS



16

CALORIES



351 kcal

DESSERT

Ingredients

- ☐ 1.3 cups butter melted
- ☐ 4 eggs beaten
- ☐ 0.3 cup evaporated milk
- ☐ 2 9-inch unbaked pie crusts
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 1.8 cups sugar white

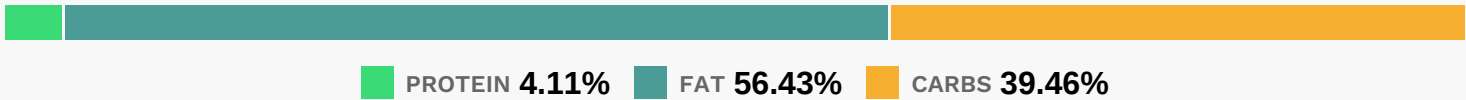
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C.)
- ☐ In a large bowl, combine sugar, cocoa and melted butter. Beat until smooth. Beat in eggs, milk and vanilla.
- ☐ Pour filling into pie shells.
- ☐ Bake in the preheated oven for 35 to 40 minutes, or until golden brown and filling is set.

Nutrition Facts



Properties

Glycemic Index:7.51, Glycemic Load:15.28, Inflammation Score:-4, Nutrition Score:4.3426086837831%

Flavonoids

Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 351.47kcal (17.57%), Fat: 22.56g (34.71%), Saturated Fat: 11.82g (73.91%), Carbohydrates: 35.5g (11.83%), Net Carbohydrates: 34.21g (12.44%), Sugar: 22.34g (24.82%), Cholesterol: 80.19mg (26.73%), Sodium: 236.69mg (10.29%), Alcohol: 0.09g (100%), Alcohol %: 0.13% (100%), Caffeine: 4.12mg (1.37%), Protein: 3.7g (7.39%), Vitamin A: 512.24IU (10.24%), Manganese: 0.18mg (9.2%), Selenium: 5.46µg (7.8%), Vitamin B2: 0.12mg (7.06%), Phosphorus: 65.2mg (6.52%), Iron: 1.11mg (6.19%), Folate: 24.09µg (6.02%), Fiber: 1.29g (5.15%), Vitamin B1: 0.08mg (5.15%), Copper: 0.1mg (4.85%), Vitamin E: 0.65mg (4.33%), Magnesium: 15.34mg (3.84%), Vitamin B3: 0.74mg (3.69%), Vitamin B5: 0.32mg (3.19%), Vitamin K: 3.17µg (3.02%), Zinc: 0.43mg (2.83%), Calcium: 27.98mg (2.8%), Potassium: 83.66mg (2.39%), Vitamin B12: 0.13µg (2.24%), Vitamin B6: 0.04mg (1.79%), Vitamin D: 0.22µg (1.49%)