



Chocolate Chip Pecan Pie

READY IN



90 min.

SERVINGS



10

CALORIES



535 kcal

DESSERT

Ingredients

- ☐ 6 tablespoons butter melted
- ☐ 0.5 cup plus
- ☐ 3 eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 teaspoon juice of lemon
- ☐ 1.5 cups pecans chopped
- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups semi chocolate chips
- ☐ 1.5 cups sugar white

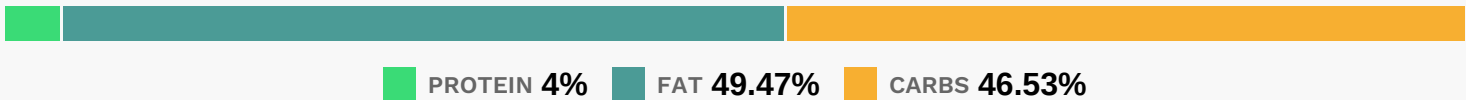
Equipment

- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a large mixing bowl beat eggs until light and fluffy.
- ☐ Add sugar, flour, melted butter or margarine, salt, lemon juice, and corn syrup.
- ☐ Mix thoroughly, then stir in chocolate chips and pecans.
- ☐ Pour mixture into pie shell.
- ☐ Bake in preheated oven for 45 minutes or until set and golden.

Nutrition Facts



Properties

Glycemic Index:22.41, Glycemic Load:26.95, Inflammation Score:-4, Nutrition Score:10.465652231289%

Flavonoids

Cyanidin: 1.76mg, Cyanidin: 1.76mg, Cyanidin: 1.76mg, Cyanidin: 1.76mg Delphinidin: 1.19mg, Delphinidin: 1.19mg, Delphinidin: 1.19mg, Delphinidin: 1.19mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg

Nutrients (% of daily need)

Calories: 534.97kcal (26.75%), Fat: 30.38g (46.73%), Saturated Fat: 11.7g (73.12%), Carbohydrates: 64.29g (21.43%), Net Carbohydrates: 60.39g (21.96%), Sugar: 53.67g (59.64%), Cholesterol: 68.78mg (22.93%), Sodium: 202.73mg (8.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 23.22mg (7.74%), Protein: 5.53g (11.07%), Manganese: 1.14mg (57.07%), Copper: 0.55mg (27.69%), Magnesium: 70.62mg (17.65%), Fiber: 3.9g (15.6%), Phosphorus: 150.41mg (15.04%), Iron: 2.66mg (14.77%), Selenium: 9.44µg (13.49%), Vitamin B1: 0.18mg (12.1%), Zinc: 1.76mg

(11.71%), Vitamin B2: 0.13mg (7.9%), Potassium: 248.1mg (7.09%), Vitamin A: 303.87IU (6.08%), Folate: 21.54µg (5.39%), Vitamin E: 0.73mg (4.84%), Vitamin B5: 0.46mg (4.61%), Calcium: 41.13mg (4.11%), Vitamin B3: 0.8mg (4%), Vitamin B6: 0.07mg (3.45%), Vitamin B12: 0.18µg (3.01%), Vitamin K: 3.16µg (3.01%), Vitamin D: 0.26µg (1.76%)