



Chocolate Chip Pecan Pie Pops

READY IN



85 min.

SERVINGS



36

CALORIES



177 kcal

DESSERT

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 1 tablespoon butter melted
- ☐ 0.5 cup corn syrup dark
- ☐ 2 eggs slightly beaten
- ☐ 0.7 cup pecans chopped
- ☐ 1 box pie crust dough refrigerated softened pillsbury®
- ☐ 36 you will also need: parchment paper
- ☐ 0.3 teaspoon salt
- ☐ 0.7 cup semisweet chocolate chips miniature

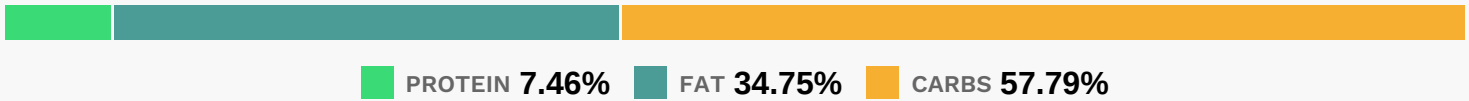
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ muffin liners
- ☐ lollipop sticks

Directions

- ☐ Heat oven to 350°F. Spray 36 mini muffin cups with cooking spray.
- ☐ Unroll crusts on lightly floured surface. Using 2 1/2-inch round cutter, cut 13 rounds from each crust. Reroll scraps and cut an additional 10 rounds. Press rounds in bottoms and up sides of muffin cups.
- ☐ In medium bowl, mix corn syrup, brown sugar, melted butter, salt and eggs until well blended. Stir in pecans and chocolate chips. Spoon 2 teaspoons filling into each crust-lined cup.
- ☐ Bake 20 to 25 minutes or until crust is golden brown and filling is set. Cool 5 minutes; remove from pans to cooling racks. Cool completely, about 30 minutes.
- ☐ With small sharp knife, cut small hole in side of each pie, near the bottom. Insert 1 lollipop stick into each pie no more than halfway.

Nutrition Facts



Properties

Glycemic Index:4.17, Glycemic Load:3.32, Inflammation Score:-1, Nutrition Score:4.1713043165434%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 176.82kcal (8.84%), Fat: 6.86g (10.56%), Saturated Fat: 2.32g (14.52%), Carbohydrates: 25.67g (8.56%),
Net Carbohydrates: 24.51g (8.91%), Sugar: 8.34g (9.26%), Cholesterol: 11.9mg (3.97%), Sodium: 184.88mg (8.04%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 3.77mg (1.26%), Protein: 3.31g (6.63%), Manganese: 0.33mg
(16.33%), Selenium: 7.36µg (10.52%), Vitamin B1: 0.15mg (9.69%), Iron: 1.34mg (7.43%), Vitamin B3: 1.4mg (6.99%),
Folate: 25.75µg (6.44%), Vitamin B2: 0.11mg (6.31%), Copper: 0.12mg (6.04%), Fiber: 1.16g (4.66%), Phosphorus:
45.95mg (4.59%), Magnesium: 16.58mg (4.14%), Zinc: 0.43mg (2.85%), Calcium: 20.03mg (2%), Potassium:
69.09mg (1.97%), Vitamin B5: 0.12mg (1.23%), Vitamin K: 1.23µg (1.17%), Vitamin B6: 0.02mg (1.14%)