



Chocolate Chip Pie IV

READY IN



90 min.

SERVINGS



8

CALORIES



459 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter cooled melted
- ☐ 2 eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 1 cup pecans coarsely chopped
- ☐ 1 cup semi chocolate chips
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

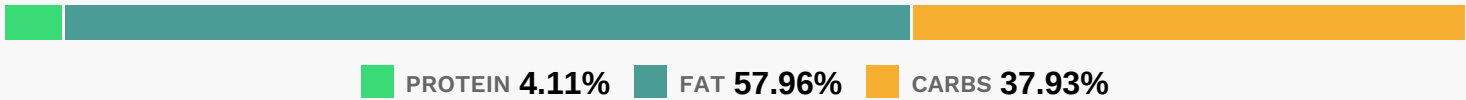
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ pie form

Directions

- ☐ In a mixing bowl, mix sugar and flour.
- ☐ Stir in beaten eggs, butter, nuts, chocolate chips and vanilla.
- ☐ Mix well.
- ☐ Pour mixture into pie crust.
- ☐ Place pie pan on cookie sheet.
- ☐ Bake in a preheated 325 degree F (165 degree C) oven for one hour.

Nutrition Facts



Properties

Glycemic Index:25.64, Glycemic Load:21.82, Inflammation Score:-5, Nutrition Score:8.9978261583525%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg

Nutrients (% of daily need)

Calories: 459.37kcal (22.97%), Fat: 30.24g (46.52%), Saturated Fat: 13.37g (83.57%), Carbohydrates: 44.53g (14.84%), Net Carbohydrates: 41.33g (15.03%), Sugar: 33.83g (37.59%), Cholesterol: 72.77mg (24.26%), Sodium: 109.55mg (4.76%), Alcohol: 0.17g (100%), Alcohol %: 0.23% (100%), Caffeine: 19.35mg (6.45%), Protein: 4.83g (9.65%), Manganese: 0.91mg (45.68%), Copper: 0.45mg (22.53%), Magnesium: 57.96mg (14.49%), Iron: 2.31mg (12.81%), Fiber: 3.2g (12.8%), Phosphorus: 126.43mg (12.64%), Selenium: 8.68µg (12.4%), Vitamin B1: 0.16mg (10.36%), Zinc: 1.37mg (9.13%), Vitamin A: 432.13IU (8.64%), Vitamin B2: 0.13mg (7.41%), Potassium: 206.5mg (5.9%), Folate: 22.61µg (5.65%), Vitamin E: 0.76mg (5.04%), Vitamin B3: 0.81mg (4.05%), Vitamin B5: 0.39mg (3.93%), Calcium:

33.65mg (3.37%), Vitamin K: 3.1µg (2.95%), Vitamin B6: 0.06mg (2.82%), Vitamin B12: 0.16µg (2.71%), Vitamin D: 0.22µg (1.47%)