



## Chocolate Chunk-Caramel Pie

 Very Healthy

READY IN



120 min.

SERVINGS



1

CALORIES



4255 kcal

DESSERT

### Ingredients

- 20 caramels kraft
- 0.3 cup half-and-half
- 0.3 cup butter melted
- 2 cups oreo cookies crushed finely
- 1.5 cups planters pecans toasted coarsely chopped
- 3 oz baker's semi-sweet chocolate divided

### Equipment

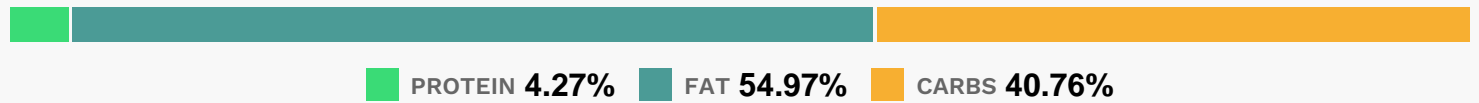
- bowl

- oven
- microwave

## Directions

- Heat oven to 350F.
- Mix cookie crumbs and margarine; press onto bottom and up side of 9-inch pie plate.
- Bake 10 min.; cool.
- Microwave caramels and half-and-half in medium microwaveable bowl on HIGH 3 min. or until caramels are completely melted, stirring after 1-1/2 min. Stir in nuts; spread onto bottom of crust. Refrigerate 10 min. or until set. Chop 2 oz. chocolate; sprinkle over caramel layer in crust.
- Microwave remaining chocolate in separate microwaveable bowl 30 sec.; stir until completely melted.
- Drizzle over pie. Refrigerate 1 hour or until chocolate is firm.

## Nutrition Facts



## Properties

Glycemic Index:75, Glycemic Load:100.74, Inflammation Score:-10, Nutrition Score:64.9734782343333%

## Flavonoids

Cyanidin: 15.95mg, Cyanidin: 15.95mg, Cyanidin: 15.95mg, Cyanidin: 15.95mg Delphinidin: 10.81mg, Delphinidin: 10.81mg, Delphinidin: 10.81mg, Delphinidin: 10.81mg Catechin: 10.75mg, Catechin: 10.75mg, Catechin: 10.75mg, Catechin: 10.75mg Epigallocatechin: 8.36mg, Epigallocatechin: 8.36mg, Epigallocatechin: 8.36mg, Epigallocatechin: 8.36mg Epicatechin: 1.22mg, Epicatechin: 1.22mg, Epicatechin: 1.22mg, Epicatechin: 1.22mg Epigallocatechin 3-gallate: 3.42mg, Epigallocatechin 3-gallate: 3.42mg, Epigallocatechin 3-gallate: 3.42mg, Epigallocatechin 3-gallate: 3.42mg

## Nutrients (% of daily need)

Calories: 4254.65kcal (212.73%), Fat: 269.46g (414.56%), Saturated Fat: 64.68g (404.28%), Carbohydrates: 449.54g (149.85%), Net Carbohydrates: 419.2g (152.44%), Sugar: 300.86g (334.28%), Cholesterol: 40.28mg (13.43%), Sodium: 2312.16mg (100.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 89.14mg (29.71%), Protein: 47.1g (94.2%), Manganese: 10mg (500.08%), Iron: 48.16mg (267.57%), Copper: 3.95mg (197.68%), Magnesium: 521.52mg (130.38%), Vitamin B1: 1.87mg (124.5%), Phosphorus: 1228.6mg (122.86%), Fiber: 30.34g

(121.36%), Vitamin K: 103.39µg (98.46%), Vitamin B2: 1.65mg (96.86%), Vitamin E: 13.32mg (88.77%), Zinc: 12.46mg (83.1%), Potassium: 2371.57mg (67.76%), Folate: 238.25µg (59.56%), Calcium: 581.64mg (58.16%), Vitamin B3: 11.15mg (55.73%), Selenium: 34.96µg (49.95%), Vitamin A: 2460.2IU (49.2%), Vitamin B5: 3.96mg (39.59%), Vitamin B6: 0.56mg (28.09%), Vitamin B12: 0.92µg (15.41%), Vitamin C: 3.09mg (3.75%)