



Chocolate Fudge Pie

READY IN



55 min.

SERVINGS



8

CALORIES



1454 kcal

DESSERT

Ingredients

- ☐ 3 large eggs and 1 egg yolk
- ☐ 6 tablespoons flour all-purpose
- ☐ 1.5 cups granulated sugar
- ☐ 9 inch partially baked if you like a crisper crust
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup butter unsalted ()
- ☐ 3 ounces chocolate unsweetened chopped
- ☐ 2 teaspoons vanilla
- ☐ 0.3 cup walnuts toasted chopped

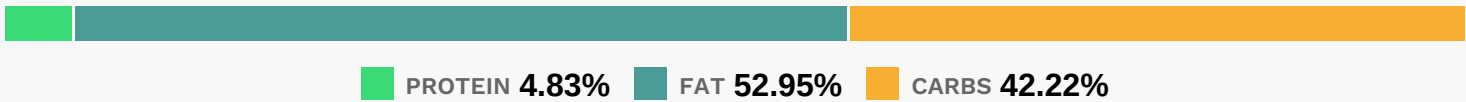
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ mixing bowl
- ☐ hand mixer

Directions

- ☐ Preheat the oven to 325 degrees F. and set the pie shell on a baking sheet.In a saucepan, melt the butter over medium heat. Reduce heat to low and add chocolate. Stir until chocolate is melted.
- ☐ Let cool slightly.In a mixing bowl, using an electric mixer, beat the eggs and egg yolk for about 2 minutes. Gradually add sugar and continue beating for another minute or so. Beat in the salt and vanilla, then scrape in the melted chocolate. By hand, stir in the flour.
- ☐ Sprinkle the toasted walnuts across bottom of your pie crust, then pour filling over the nuts. If you used a 9 inch deep dish pie shell, you'll have a little more filling than you need, so pour just enough filling into the pie crust so that it comes almost to the top rim.
- ☐ Bake for 40-45 minutes or until the pie appears set and a knife inserted in the center comes out clean.
- ☐ Let cool completely.
- ☐ Serve the pie with ice cream and chocolate syrup.

Nutrition Facts



Properties

Glycemic Index:20.64, Glycemic Load:29.35, Inflammation Score:-7, Nutrition Score:22.708695249065%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 6.84mg, Catechin: 6.84mg, Catechin: 6.84mg, Catechin: 6.84mg Epicatechin: 15.08mg, Epicatechin: 15.08mg, Epicatechin: 15.08mg, Epicatechin: 15.08mg

Nutrients (% of daily need)

Calories: 1454.24kcal (72.71%), Fat: 86.52g (133.11%), Saturated Fat: 33.65g (210.28%), Carbohydrates: 155.25g (51.75%), Net Carbohydrates: 147.38g (53.59%), Sugar: 37.84g (42.04%), Cholesterol: 114.6mg (38.2%), Sodium: 1001.55mg (43.55%), Alcohol: 0.34g (100%), Alcohol %: 0.14% (100%), Caffeine: 8.5mg (2.83%), Protein: 17.75g (35.5%), Manganese: 1.65mg (82.53%), Vitamin B1: 0.71mg (47.17%), Folate: 185.49µg (46.37%), Iron: 8.3mg (46.12%), Vitamin B3: 6.62mg (33.1%), Fiber: 7.87g (31.47%), Copper: 0.61mg (30.49%), Selenium: 19.84µg (28.34%), Vitamin B2: 0.48mg (28.07%), Phosphorus: 257.5mg (25.75%), Magnesium: 78.32mg (19.58%), Vitamin K: 19.14µg (18.23%), Zinc: 2.4mg (15.98%), Vitamin A: 626.97IU (12.54%), Vitamin B5: 1.2mg (11.96%), Vitamin E: 1.77mg (11.82%), Potassium: 348.31mg (9.95%), Vitamin B6: 0.17mg (8.36%), Calcium: 72.97mg (7.3%), Vitamin D: 0.66µg (4.42%), Vitamin B12: 0.16µg (2.67%)