



Chocolate Fudge Pie

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



320 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 3 large eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 cup hershey's cocoa unsweetened
- ☐ 0.8 cup pecans chopped
- ☐ 0.1 teaspoon salt
- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla extract

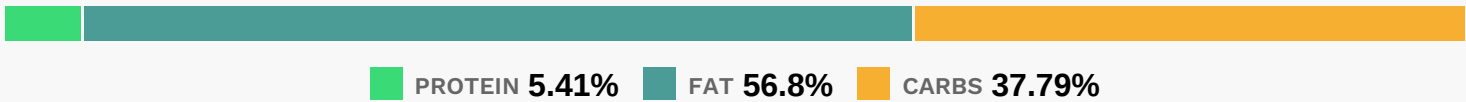
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk

Directions

- ☐ Whisk together eggs and sugar in a large bowl; add butter and next 4 ingredients, stirring until blended. Stir in pecans, and spoon into a lightly greased 9-inch pieplate.
- ☐ Bake at 350 for 25 to 30 minutes. (
- ☐ Mixture will rise, then fall as it cools.)

Nutrition Facts



Properties

Glycemic Index:19.39, Glycemic Load:19.65, Inflammation Score:-5, Nutrition Score:6.9043477585782%

Flavonoids

Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg Delphinidin: 0.74mg, Delphinidin: 0.74mg, Delphinidin: 0.74mg, Delphinidin: 0.74mg Catechin: 3.06mg, Catechin: 3.06mg, Catechin: 3.06mg, Catechin: 3.06mg Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg Epicatechin: 7.12mg, Epicatechin: 7.12mg, Epicatechin: 7.12mg, Epicatechin: 7.12mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 319.51kcal (15.98%), Fat: 21.17g (32.57%), Saturated Fat: 3.88g (24.27%), Carbohydrates: 31.7g (10.57%), Net Carbohydrates: 29.29g (10.65%), Sugar: 25.56g (28.4%), Cholesterol: 69.75mg (23.25%), Sodium: 197.87mg (8.6%), Alcohol: 0.17g (100%), Alcohol %: 0.29% (100%), Caffeine: 8.24mg (2.75%), Protein: 4.53g (9.07%), Manganese: 0.63mg (31.57%), Copper: 0.28mg (13.98%), Vitamin A: 614.46IU (12.29%), Selenium: 8.13µg (11.62%), Phosphorus: 99.24mg (9.92%), Fiber: 2.41g (9.65%), Magnesium: 33.84mg (8.46%), Vitamin B2: 0.14mg (8.08%), Vitamin B1: 0.11mg (7.33%), Iron: 1.28mg (7.11%), Zinc: 0.98mg (6.53%), Vitamin E: 0.79mg (5.24%), Folate: 19.5µg (4.87%), Vitamin B5: 0.41mg (4.14%), Potassium: 133.62mg (3.82%), Vitamin B6: 0.06mg (3.03%), Vitamin B12: 0.18µg (3.02%), Calcium: 27.41mg (2.74%), Vitamin D: 0.38µg (2.5%), Vitamin B3: 0.45mg (2.24%)