



Chocolate-Hazelnut Pie

READY IN



45 min.

SERVINGS



10

CALORIES



317 kcal

DESSERT

Ingredients

- 8 ounces bittersweet chocolate finely chopped
- 1 large egg white
- 2 large egg yolks
- 6 tablespoons granulated sugar
- 0.3 cup hazelnuts toasted chopped
- 0.5 cup milk 2% reduced-fat
- 1 recipe perfect pie dough prepared
- 0.5 teaspoon salt
- 1 cup cup heavy whipping cream light sour

- 2 tablespoons turbinado raw
- 2 teaspoons vanilla extract

Equipment

- frying pan
- oven
- whisk
- wire rack
- aluminum foil
- spatula

Directions

- Preheat oven to 37
- Working with prepared dough, press down edges with floured fork tines, leaving 1-inch between crimping. Freeze 10 minutes or until firm.
- Line bottom of dough with foil; arrange pie weights on foil.
- Bake in middle of oven 20 minutes or until set.
- Remove weights and foil; brush edges with egg white, and sprinkle with turbinado sugar. Return to oven; bake 8–10 minutes more.
- Transfer to a wire rack; let cool.
- Turn oven down to 32
- Bring milk, granulated sugar, and salt to a simmer in a pan over medium–high heat.
- Remove from heat; stir in chocolate, and let stand 5 minutes.
- Whisk until melted.
- Whisk in sour cream, then whisk in egg yolks and vanilla.
- Pour filling into crust, and smooth top with a spatula.
- Bake in middle of oven 25–35 minutes or until just set.
- Transfer to a wire rack to cool, and chill until firm, at least 1 hour or up to overnight. Top with toasted hazelnuts; slice and serve.

Nutrition Facts

PROTEIN 6.27% FAT 52.57% CARBS 41.16%

Properties

Glycemic Index:8.51, Glycemic Load:5.06, Inflammation Score:-3, Nutrition Score:7.4321738637012%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

Nutrients (% of daily need)

Calories: 317.29kcal (15.86%), Fat: 18.55g (28.53%), Saturated Fat: 8.51g (53.18%), Carbohydrates: 32.67g (10.89%), Net Carbohydrates: 30.14g (10.96%), Sugar: 18.81g (20.9%), Cholesterol: 47.07mg (15.69%), Sodium: 220.03mg (9.57%), Alcohol: 0.28g (100%), Alcohol %: 0.37% (100%), Caffeine: 19.5mg (6.5%), Protein: 4.98g (9.96%), Manganese: 0.57mg (28.42%), Copper: 0.36mg (17.83%), Magnesium: 51.63mg (12.91%), Phosphorus: 120.92mg (12.09%), Iron: 2.14mg (11.92%), Fiber: 2.53g (10.12%), Selenium: 6.56µg (9.37%), Vitamin B2: 0.13mg (7.49%), Calcium: 72.44mg (7.24%), Potassium: 241.9mg (6.91%), Zinc: 1mg (6.7%), Vitamin B1: 0.09mg (6.22%), Folate: 23.51µg (5.88%), Vitamin E: 0.82mg (5.48%), Vitamin B12: 0.27µg (4.49%), Vitamin B3: 0.74mg (3.69%), Vitamin K: 3.46µg (3.3%), Vitamin B5: 0.31mg (3.15%), Vitamin A: 148.61IU (2.97%), Vitamin B6: 0.05mg (2.72%), Vitamin D: 0.23µg (1.53%)