



Chocolate Mousse Pecan Pie

READY IN



220 min.

SERVINGS



10

CALORIES



579 kcal

DESSERT

Ingredients

- ☐ 14.1 oz pie crust dough refrigerated (2 Count)
- ☐ 0.3 cup granulated sugar
- ☐ 0.5 cup corn syrup dark
- ☐ 3 tablespoons butter melted
- ☐ 0.1 teaspoon salt
- ☐ 2 eggs
- ☐ 0.5 cup pecans chopped
- ☐ 1 cup milk hot
- ☐ 0.3 teaspoon vanilla

- ☐ 1.3 cups semi chocolate chips
- ☐ 1 cup whipping cream (heavy)
- ☐ 2 tablespoons powdered sugar
- ☐ 0.3 teaspoon vanilla
- ☐ 1 serving chocolate curls

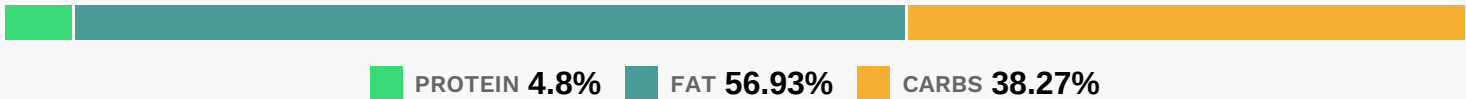
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ hand mixer

Directions

- ☐ Prepare pie crust as directed on package for one-crust filled pie using 9-inch pie plate.
- ☐ Heat oven to 350°. Beat granulated sugar, corn syrup, butter, salt and eggs in small bowl with electric mixer on medium speed 1 minute. Stir in pecans.
- ☐ Pour into pie crust in pie plate.
- ☐ Bake 35 to 45 minutes or until center of pie is puffed and golden brown. Cool 1 hour.
- ☐ While filled crust is cooling, place hot milk, 1/4 teaspoon vanilla and the chocolate chips in blender or food processor; cover and blend on medium speed about 1 minute or until smooth. Refrigerate about 1 hour 30 minutes or until mixture is slightly thickened but not set. Gently stir; pour over cooled filling in pie crust. Refrigerate about 1 hour or until firm.
- ☐ Beat whipping cream, powdered sugar and 1/4 teaspoon vanilla in chilled small bowl on high speed until stiff peaks form. Spoon or pipe over filling.
- ☐ Garnish with chocolate curls. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:20.81, Glycemic Load:17.02, Inflammation Score:-5, Nutrition Score:10.539130438929%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg

Nutrients (% of daily need)

Calories: 579.45kcal (28.97%), Fat: 37.19g (57.21%), Saturated Fat: 15.81g (98.83%), Carbohydrates: 56.23g (18.74%), Net Carbohydrates: 52.78g (19.19%), Sugar: 32.44g (36.04%), Cholesterol: 64mg (21.33%), Sodium: 289.31mg (12.58%), Alcohol: 0.07g (100%), Alcohol %: 0.06% (100%), Caffeine: 20.73mg (6.91%), Protein: 7.06g (14.12%), Manganese: 0.76mg (38.14%), Copper: 0.42mg (20.76%), Phosphorus: 165.26mg (16.53%), Iron: 2.95mg (16.37%), Magnesium: 62.17mg (15.54%), Fiber: 3.45g (13.8%), Selenium: 8.93µg (12.76%), Vitamin B2: 0.21mg (12.37%), Vitamin A: 602.64IU (12.05%), Vitamin B1: 0.18mg (11.86%), Zinc: 1.34mg (8.96%), Folate: 34.31µg (8.58%), Calcium: 81.45mg (8.15%), Potassium: 278.85mg (7.97%), Vitamin B3: 1.4mg (6.99%), Vitamin B5: 0.58mg (5.75%), Vitamin E: 0.86mg (5.71%), Vitamin D: 0.83µg (5.5%), Vitamin K: 5.71µg (5.43%), Vitamin B12: 0.3µg (4.93%), Vitamin B6: 0.08mg (3.99%)