



Chocolate Pecan Pie

READY IN



135 min.

SERVINGS



8

CALORIES



505 kcal

DESSERT

Ingredients

- ☐ 0.7 cup plus light
- ☐ 1 deep dish pie shell frozen tenderflake®
- ☐ 2 large eggs
- ☐ 0.3 cup pecan halves
- ☐ 1 cup pecans coarsely chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon butter unsalted melted
- ☐ 2 ounces chocolate unsweetened finely chopped
- ☐ 0.5 teaspoon vanilla extract

- ☐ 8 servings whipped cream for serving
- ☐ 1 cup sugar white

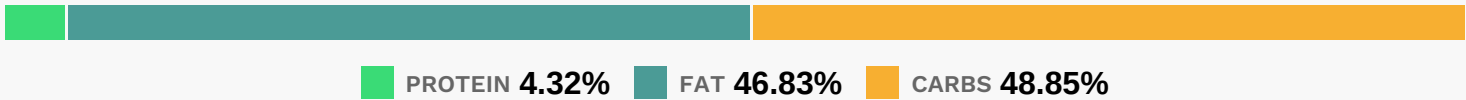
Equipment

- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ double boiler

Directions

- ☐ PREHEAT oven to 350 degrees F (180 degrees C). Position rack in the bottom third of the oven.
- ☐ MELT chocolate in the top of a double boiler over water that is barely simmering. Stir constantly.
- ☐ WHISK together sugar, corn syrup, eggs, chocolate, butter, vanilla and salt.
- ☐ Add chopped pecans and pour into the unbaked pie shell. Arrange the pecan halves artfully on top of the filling.
- ☐ BAKE in preheated oven for 50–60 minutes. The center may still seem under-set.
- ☐ Transfer to a wire rack to cool.
- ☐ Cut into wedges and serve with a generous dollop of whipped cream.

Nutrition Facts



Properties

Glycemic Index:20.51, Glycemic Load:22.08, Inflammation Score:-4, Nutrition Score:9.8752173949843%

Flavonoids

Cyanidin: 1.77mg, Cyanidin: 1.77mg, Cyanidin: 1.77mg, Cyanidin: 1.77mg Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg Catechin: 5.75mg, Catechin: 5.75mg, Catechin: 5.75mg, Catechin: 5.75mg Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg Epicatechin: 10.19mg, Epicatechin: 10.19mg, Epicatechin: 10.19mg, Epicatechin: 10.19mg Epigallocatechin 3-gallate:

0.38mg, Epigallocatechin 3–gallate: 0.38mg, Epigallocatechin 3–gallate: 0.38mg, Epigallocatechin 3–gallate: 0.38mg

Nutrients (% of daily need)

Calories: 504.96kcal (25.25%), Fat: 27.78g (42.75%), Saturated Fat: 7.73g (48.31%), Carbohydrates: 65.22g (21.74%), Net Carbohydrates: 62.07g (22.57%), Sugar: 48.05g (53.39%), Cholesterol: 54.82mg (18.27%), Sodium: 210.41mg (9.15%), Alcohol: 0.09g (100%), Alcohol %: 0.09% (100%), Caffeine: 5.67mg (1.89%), Protein: 5.77g (11.54%), Manganese: 1.18mg (58.88%), Copper: 0.46mg (23.07%), Iron: 2.52mg (14.03%), Vitamin B1: 0.21mg (13.84%), Fiber: 3.16g (12.62%), Zinc: 1.87mg (12.49%), Magnesium: 49.89mg (12.47%), Phosphorus: 123.79mg (12.38%), Selenium: 6.76µg (9.66%), Folate: 33.47µg (8.37%), Vitamin B2: 0.14mg (7.97%), Vitamin K: 5.78µg (5.5%), Vitamin E: 0.82mg (5.47%), Potassium: 179.84mg (5.14%), Vitamin B3: 1.01mg (5.05%), Vitamin B5: 0.47mg (4.68%), Calcium: 41.85mg (4.19%), Vitamin B6: 0.07mg (3.68%), Vitamin A: 161.57IU (3.23%), Vitamin B12: 0.13µg (2.19%), Vitamin D: 0.3µg (2%)