



Chocolate Pecan Pie

 Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

8

CALORIES

calories

1586 kcal

DESSERT

Ingredients

- ☐ 1 cup plus light
- ☐ 3 eggs
- ☐ 0.3 cup butter melted
- ☐ 1 cup pecan halves
- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups semi chocolate chips
- ☐ 9 inch unbaked pie shell
- ☐ 0.7 cup sugar white

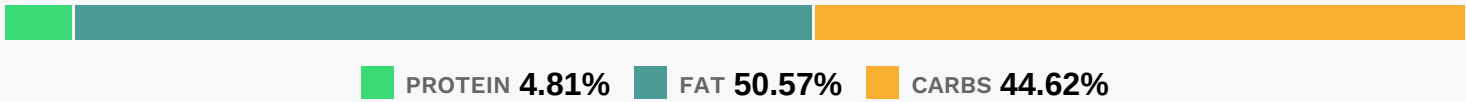
Equipment

- ☐ oven
- ☐ hand mixer

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Press pie shell into and up the sides of a 9 inch pie plate.
- ☐ Beat eggs, sugar, salt, margarine, and syrup with hand mixer. Stir in pecans and chocolate chips.
- ☐ Pour into pie shell.
- ☐ Bake until set, 40 to 50 minutes.
- ☐ Let cool before cutting.

Nutrition Facts



Properties

Glycemic Index:12.39, Glycemic Load:17.91, Inflammation Score:-7, Nutrition Score:25.134347861228%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg

Nutrients (% of daily need)

Calories: 1585.57kcal (79.28%), Fat: 89.82g (138.18%), Saturated Fat: 28.65g (179.09%), Carbohydrates: 178.35g (59.45%), Net Carbohydrates: 168.83g (61.39%), Sugar: 62.31g (69.23%), Cholesterol: 63.4mg (21.14%), Sodium: 1208.18mg (52.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 29.02mg (9.68%), Protein: 19.22g (38.45%), Manganese: 2mg (100.21%), Vitamin B1: 0.74mg (49.59%), Iron: 8.59mg (47.75%), Folate: 168.07µg (42.02%), Fiber: 9.51g (38.05%), Copper: 0.75mg (37.58%), Vitamin B3: 6.52mg (32.59%), Phosphorus: 318.87mg (31.89%), Selenium: 21.59µg (30.85%), Vitamin B2: 0.5mg (29.25%), Magnesium: 110.82mg (27.7%), Zinc: 2.87mg (19.13%), Vitamin K: 19.34µg (18.42%), Potassium: 487.88mg (13.94%), Vitamin B5: 1.38mg (13.8%), Vitamin E: 1.87mg

(12.49%), Vitamin A: 453.48IU (9.07%), Calcium: 90.21mg (9.02%), Vitamin B6: 0.18mg (8.94%), Vitamin B12: 0.22µg (3.62%), Vitamin D: 0.33µg (2.2%)