



Chocolate Pecan Pie

 Vegetarian

READY IN



73 min.

SERVINGS



18

CALORIES



250 kcal

DESSERT

Ingredients

- ☐ 1 cup firmly brown sugar dark packed
- ☐ 0.8 cup plus light
- ☐ 4 large eggs
- ☐ 0.7 cup pecan halves
- ☐ 1.5 cups pecans lightly toasted chopped
- ☐ 18 servings classic pastry shell and pastry stars
- ☐ 0.3 teaspoon salt
- ☐ 6 tablespoons butter unsalted melted

- ☐ 2 oz chocolate unsweetened melted
- ☐ 2 teaspoons vanilla extract
- ☐ 1 tablespoon whipping cream

Equipment

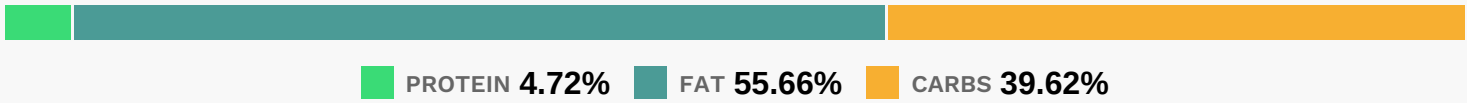
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Prepare dough for Classic Pastry Shell and Pastry Stars.
- ☐ Roll three-fourths of dough to 1/8" thickness on a lightly floured surface.
- ☐ Place in a 9" pie plate; trim off excess pastry along edges. Fold edges under, and crimp.
- ☐ Place pastry in refrigerator while preparing Pastry Stars and pie filling.
- ☐ Line a baking sheet with parchment paper.
- ☐ Roll remaining dough to 1/8" thickness on a lightly floured surface. Using a 1" star-shaped cutter, cut out 12 stars. Repeat procedure using a 1 1/2" star-shaped cutter to cut out 5 stars.
- ☐ Transfer stars to prepared baking sheet.
- ☐ Whisk together 1 egg and cream in a small bowl.
- ☐ Remove pastry from refrigerator.
- ☐ Brush egg wash over Pastry Stars and around crimped edge of pastry.
- ☐ Whisk remaining 3 eggs in a bowl.
- ☐ Whisk in brown sugar and next 5 ingredients; stir in chopped pecans.
- ☐ Pour filling into pastry shell. Arrange pecan halves around outer edge of filling. Arrange Pastry Stars on top of pie.

- ☐
- Bake at 350 on bottom oven rack for 50 to 55 minutes or until filling is set and pastry stars are browned.
- ☐
- Transfer to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:5.28, Glycemic Load:2.37, Inflammation Score:-2, Nutrition Score:5.7117391746977%

Flavonoids

Cyanidin: 1.37mg, Cyanidin: 1.37mg, Cyanidin: 1.37mg, Cyanidin: 1.37mg Delphinidin: 0.93mg, Delphinidin: 0.93mg, Delphinidin: 0.93mg, Delphinidin: 0.93mg Catechin: 2.95mg, Catechin: 2.95mg, Catechin: 2.95mg, Catechin: 2.95mg Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg

Nutrients (% of daily need)

Calories: 249.51kcal (12.48%), Fat: 16.38g (25.2%), Saturated Fat: 4.84g (30.25%), Carbohydrates: 26.23g (8.74%), Net Carbohydrates: 24.47g (8.9%), Sugar: 23.43g (26.04%), Cholesterol: 52.31mg (17.44%), Sodium: 64.33mg (2.8%), Alcohol: 0.15g (100%), Alcohol %: 0.32% (100%), Protein: 3.13g (6.25%), Manganese: 0.72mg (36.11%), Copper: 0.27mg (13.55%), Zinc: 1.1mg (7.35%), Phosphorus: 72.64mg (7.26%), Magnesium: 28.67mg (7.17%), Vitamin B1: 0.11mg (7.07%), Fiber: 1.76g (7.05%), Selenium: 4.71µg (6.73%), Iron: 1.18mg (6.56%), Vitamin B2: 0.08mg (4.52%), Vitamin A: 196.02IU (3.92%), Potassium: 113.34mg (3.24%), Calcium: 32.16mg (3.22%), Vitamin B5: 0.31mg (3.09%), Vitamin E: 0.43mg (2.86%), Vitamin B6: 0.05mg (2.61%), Folate: 9.98µg (2.5%), Vitamin D: 0.31µg (2.04%), Vitamin B12: 0.11µg (1.8%), Vitamin B3: 0.26mg (1.3%), Vitamin K: 1.3µg (1.24%)