



Chocolate Pecan Pie

 Dairy Free

READY IN



220 min.

SERVINGS



8

CALORIES



626 kcal

DESSERT

Ingredients

- ☐ 1 cup flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup shortening
- ☐ 2 tablespoons water cold
- ☐ 0.7 cup sugar
- ☐ 0.3 cup butter melted
- ☐ 1 cup plus
- ☐ 2 tablespoons bourbon

- ☐ 0.5 teaspoon salt
- ☐ 3 eggs
- ☐ 1 cup pecans
- ☐ 6 ounces semi chocolate chips (1 cup)

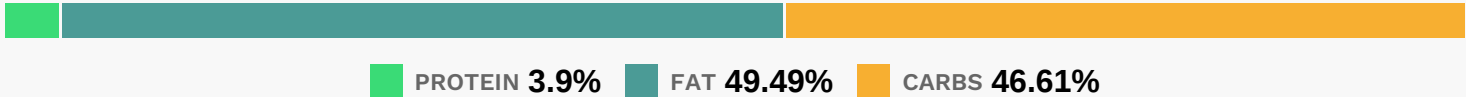
Equipment

- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ aluminum foil
- ☐ rolling pin

Directions

- ☐ Heat oven to 375°F.
- ☐ In medium bowl, mix flour and 1/4 teaspoon salt.
- ☐ Cut in shortening, using pastry blender or crisscrossing knives, until particles are size of small peas.
- ☐ Sprinkle with cold water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost leaves side of bowl (1 to 2 teaspoons more water can be added if necessary).
- ☐ Gather pastry into a ball. Shape into flattened round on lightly floured surface.
- ☐ Roll pastry, using floured rolling pin, into circle 2 inches larger than upside-down pie plate, 9x1 1/4 inches. Fold pastry into fourths; place in pie plate. Unfold and ease into plate, pressing firmly against bottom and side. Trim overhanging edge of pastry 1 inch from rim of pie plate. Fold and roll pastry under, even with plate; flute as desired.
- ☐ In large bowl, beat sugar, butter, corn syrup, bourbon, 1/2 teaspoon salt and the eggs with hand beater. Stir in pecans and chocolate chips.
- ☐ Pour into pastry-lined pie plate. Cover edge with 2- to 3-inch strip of foil to prevent excess browning; remove foil during last 15 minutes of baking.
- ☐ Bake pie 40 to 50 minutes or until set. Cool 30 minutes. Refrigerate about 2 hours until chilled.

Nutrition Facts



Properties

Glycemic Index:23.64, Glycemic Load:26.53, Inflammation Score:-5, Nutrition Score:10.82217392455%

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: 626.06kcal (31.3%), Fat: 35.07g (53.96%), Saturated Fat: 9.7g (60.65%), Carbohydrates: 74.33g (24.78%), Net Carbohydrates: 71.02g (25.82%), Sugar: 57.77g (64.19%), Cholesterol: 62.66mg (20.89%), Sodium: 360.24mg (15.66%), Alcohol: 1.25g (100%), Alcohol %: 1.05% (100%), Caffeine: 18.29mg (6.1%), Protein: 6.21g (12.43%), Manganese: 0.95mg (47.58%), Copper: 0.45mg (22.55%), Selenium: 13.02µg (18.6%), Vitamin B1: 0.25mg (16.38%), Iron: 2.69mg (14.93%), Magnesium: 58.57mg (14.64%), Phosphorus: 141.43mg (14.14%), Fiber: 3.31g (13.24%), Vitamin B2: 0.19mg (10.94%), Zinc: 1.64mg (10.92%), Folate: 39.17µg (9.79%), Vitamin A: 444.99IU (8.9%), Vitamin E: 1.3mg (8.65%), Vitamin B3: 1.26mg (6.3%), Vitamin K: 6.6µg (6.29%), Potassium: 215.63mg (6.16%), Vitamin B5: 0.56mg (5.58%), Calcium: 42.31mg (4.23%), Vitamin B6: 0.07mg (3.46%), Vitamin B12: 0.19µg (3.24%), Vitamin D: 0.33µg (2.2%)