



## Chocolate Pecan Pie

READY IN



45 min.

SERVINGS



8

CALORIES



785 kcal

DESSERT

### Ingredients

- ☐ 6 tablespoons butter divided
- ☐ 8 servings chocolate chopped
- ☐ 1 cup plus light
- ☐ 4 eggs
- ☐ 8 servings fudge topping hot warmed
- ☐ 0.5 cup granulated sugar
- ☐ 0.3 cup brown sugar light packed
- ☐ 1 cup coarsley pecans chopped
- ☐ 15 oz pie crusts refrigerated

- ☐ 6 oz semi chocolate chips
- ☐ 1 tablespoon vanilla extract
- ☐ 8 servings non-dairy whipped topping frozen

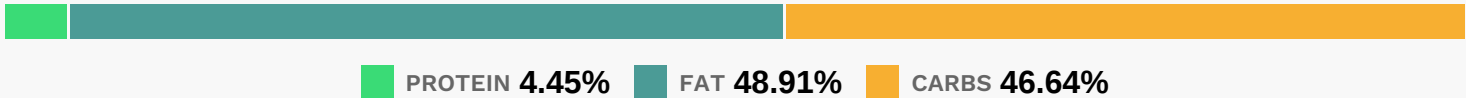
## Equipment

- ☐ oven
- ☐ whisk

## Directions

- ☐ Fit piecrust into a 9" deep dish pie plate according to package directions; fold edges under and crimp.
- ☐ Whisk together eggs and next 5 ingredients until mixture is smooth; stir in chopped pecans and chocolate chips.
- ☐ Pour into piecrust.
- ☐ Bake on lowest oven rack at 350 for one hour or until set.
- ☐ Drizzle each serving with hot fudge topping, dollop with whipped topping and sprinkle with chopped chocolate.

## Nutrition Facts



## Properties

Glycemic Index:23.96, Glycemic Load:15.24, Inflammation Score:-5, Nutrition Score:12.933043477328%

## Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg

## Nutrients (% of daily need)

Calories: 785.13kcal (39.26%), Fat: 43.57g (67.03%), Saturated Fat: 16.7g (104.36%), Carbohydrates: 93.48g (31.16%), Net Carbohydrates: 89.06g (32.38%), Sugar: 62.44g (69.38%), Cholesterol: 105.79mg (35.26%), Sodium: 353.77mg (15.38%), Alcohol: 0.56g (100%), Alcohol %: 0.37% (100%), Caffeine: 19.02mg (6.34%), Protein: 8.92g (17.83%), Manganese: 1.15mg (57.66%), Copper: 0.5mg (24.98%), Iron: 3.56mg (19.78%), Vitamin B1: 0.28mg (18.6%), Phosphorus: 183.52mg (18.35%), Selenium: 12.81µg (18.3%), Fiber: 4.42g (17.68%), Magnesium: 67.9mg (16.97%), Vitamin B2: 0.23mg (13.76%), Zinc: 1.93mg (12.89%), Folate: 51.13µg (12.78%), Vitamin B3: 1.82mg (9.11%), Potassium: 283.37mg (8.1%), Vitamin A: 403.34IU (8.07%), Vitamin B5: 0.76mg (7.57%), Vitamin E: 1.09mg (7.24%), Vitamin K: 6.92µg (6.59%), Calcium: 63.14mg (6.31%), Vitamin B6: 0.1mg (5.25%), Vitamin B12: 0.26µg (4.36%), Vitamin D: 0.44µg (2.93%)