



Chocolate Pecan Pie

READY IN



90 min.

SERVINGS



8

CALORIES



843 kcal

DESSERT

Ingredients

- 2 tablespoons bourbon
- 1 cup corn syrup dark
- 2 large egg yolk
- 3 large egg yolk lightly beaten
- 3 cups flour all-purpose
- 1 cup granulated sugar
- 1 pint cup heavy whipping cream cold
- 4 tablespoons water
- 0.1 teaspoon kosher salt

- 1 cup pecans lightly toasted
- 0.8 cup semi chocolate chips
- 2 tablespoons butter unsalted melted ()
- 1 teaspoon vanilla extract

Equipment

- bowl
- oven
- knife
- whisk
- blender

Directions

- Combine flour, salt, and butter in a medium bowl. Using a pastry blender or your fingers, cut butter into flour until mixture resembles fine cornmeal, about 5 minutes.
- Mix egg yolks with 2 tablespoons of the ice water until evenly combined.
- Add to flour mixture a little at a time, stirring in until dough can be formed into a ball. (
- Heat the oven to 350°F and arrange a rack in the middle. Scatter pecans and chocolate chips evenly over bottom of pie crust. Stir together eggs, corn syrup, sugar, butter, bourbon, and vanilla extract until well blended, then pour into crust.
- Bake until a knife inserted halfway between the center and the edge comes out clean, about 50 to 55 minutes.
- Remove pie from the oven and place on a rack to cool.
- Combine heavy cream and vanilla extract in a large bowl.
- Whisk until soft peaks form (cream will just hold to the whisk), being careful not to overwhip. Beverage pairing: Broadbent Rainwater Madeira, Portugal. A dessert this rich requires a rich wine to stand up to it. This Madeira has the nutty notes of dried fruit to complement the chocolate and pecans, but also sharp, perky acidity to keep things refreshing.

Nutrition Facts



■ PROTEIN 4.88% ■ FAT 45.25% ■ CARBS 49.87%

Properties

Glycemic Index:32.51, Glycemic Load:73.15, Inflammation Score:-7, Nutrition Score:16.886086883752%

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: 842.51kcal (42.13%), Fat: 42.92g (66.03%), Saturated Fat: 20.97g (131.07%), Carbohydrates: 106.44g (35.48%), Net Carbohydrates: 102.63g (37.32%), Sugar: 66.69g (74.1%), Cholesterol: 190.12mg (63.37%), Sodium: 127.19mg (5.53%), Alcohol: 1.42g (100%), Alcohol %: 0.79% (100%), Caffeine: 14.51mg (4.84%), Protein: 10.41g (20.82%), Manganese: 1.15mg (57.61%), Selenium: 26.92µg (38.46%), Vitamin B1: 0.49mg (32.71%), Folate: 106.49µg (26.62%), Vitamin B2: 0.43mg (25.51%), Copper: 0.47mg (23.43%), Iron: 4.08mg (22.65%), Vitamin A: 1125.51IU (22.51%), Phosphorus: 210.23mg (21.02%), Magnesium: 63.27mg (15.82%), Vitamin B3: 3.11mg (15.53%), Fiber: 3.8g (15.21%), Zinc: 1.75mg (11.65%), Vitamin D: 1.57µg (10.48%), Calcium: 87.96mg (8.8%), Vitamin B5: 0.85mg (8.45%), Potassium: 285.26mg (8.15%), Vitamin E: 1.2mg (8%), Vitamin B6: 0.11mg (5.72%), Vitamin B12: 0.34µg (5.64%), Vitamin K: 4µg (3.81%)