



WHATSheATE



Chocolate Pecan Pie I



Dairy Free

READY IN



65 min.

SERVINGS



8

CALORIES



672 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
- ☐ 1 9-inch unbaked pie crust
- ☐ 0.7 cup sugar white

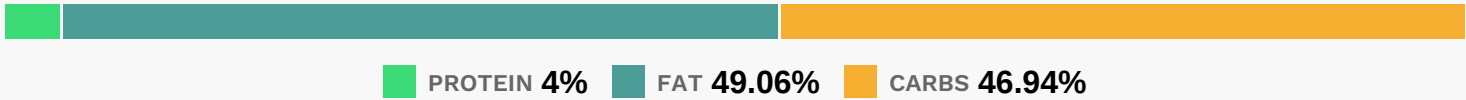
Equipment

☐ oven

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Beat eggs, sugar, salt, margarine, and syrup with hand beater. Stir in pecans and chocolate chips.
- ☐ Pour mixture into pie shell.
- ☐ Bake until set, 40 to 50 minutes. Cool.

Nutrition Facts



Properties

Glycemic Index:12.39, Glycemic Load:17.91, Inflammation Score:-5, Nutrition Score:11.84086951743%

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: 671.57kcal (33.58%), Fat: 37.68g (57.97%), Saturated Fat: 12.34g (77.1%), Carbohydrates: 81.11g (27.04%), Net Carbohydrates: 76.59g (27.85%), Sugar: 62.31g (69.23%), Cholesterol: 63.4mg (21.14%), Sodium: 390.18mg (16.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 29.02mg (9.68%), Protein: 6.9g (13.81%), Manganese: 1.12mg (56.01%), Copper: 0.6mg (30.08%), Magnesium: 80.82mg (20.2%), Iron: 3.39mg (18.86%), Fiber: 4.51g (18.05%), Phosphorus: 174.87mg (17.49%), Selenium: 10.19µg (14.56%), Zinc: 1.97mg (13.13%), Vitamin B1: 0.19mg (12.93%), Vitamin B2: 0.16mg (9.25%), Vitamin A: 451.48IU (9.03%), Potassium: 293.88mg (8.4%), Folate: 28.07µg (7.02%), Vitamin E: 0.95mg (6.36%), Vitamin B5: 0.57mg (5.7%), Vitamin B3: 1.12mg (5.59%), Calcium: 52.21mg (5.22%), Vitamin K: 4.74µg (4.51%), Vitamin B6: 0.08mg (3.94%), Vitamin B12: 0.22µg (3.62%), Vitamin D: 0.33µg (2.2%)