



Chocolate Pecan Pie I

READY IN



90 min.

SERVINGS



8

CALORIES



670 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter
- ☐ 1 tablespoon confectioners' sugar
- ☐ 1 cup plus light
- ☐ 3 eggs
- ☐ 0.5 cup heavy cream
- ☐ 1 cup pecans chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 cup semi chocolate chips
- ☐ 19-inch unbaked pie crust

- ☐ 0.3 teaspoon vanilla extract
- ☐ 0.7 cup sugar white

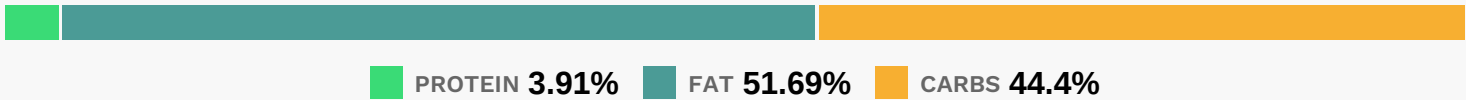
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C.) In a medium saucepan, melt the butter over low heat. Stir in sugar, and set aside to cool.
- ☐ In a mixing bowl, beat eggs well. Stir in salt, corn syrup and melted butter mixture.
- ☐ Add coffee powder mixed with 1 teaspoon water, if desired. Stir in the chopped pecans.
- ☐ Spread chocolate chips evenly over the bottom of the pie crust.
- ☐ Pour pecan mixture over the crust.
- ☐ Bake at 375 degrees F (190 degrees C) for 45 to 50 minutes, or until set. Cover and let stand at room temperature about 8 hours before serving. Pie will be soft.
- ☐ Combine cream, confectioners' sugar, and vanilla in a small mixing bowl. Whip until stiff.
- ☐ Garnish pie.

Nutrition Facts



Properties

Glycemic Index:18.64, Glycemic Load:17.92, Inflammation Score:-5, Nutrition Score:10.982608672069%

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: 669.71kcal (33.49%), Fat: 39.7g (61.07%), Saturated Fat: 16.64g (103.99%), Carbohydrates: 76.74g (25.58%), Net Carbohydrates: 73.01g (26.55%), Sugar: 59.66g (66.29%), Cholesterol: 99.87mg (33.29%), Sodium: 292.06mg (12.7%), Alcohol: 0.04g (100%), Alcohol %: 0.03% (100%), Caffeine: 19.35mg (6.45%), Protein: 6.75g (13.5%), Manganese: 1.03mg (51.39%), Copper: 0.48mg (23.9%), Magnesium: 63.49mg (15.87%), Phosphorus: 157.82mg (15.78%), Iron: 2.73mg (15.18%), Fiber: 3.73g (14.93%), Selenium: 9.84µg (14.06%), Vitamin B1: 0.2mg (13.41%), Zinc: 1.77mg (11.82%), Vitamin A: 563.26IU (11.27%), Vitamin B2: 0.18mg (10.66%), Folate: 29.13µg (7.28%), Potassium: 247.84mg (7.08%), Vitamin E: 0.97mg (6.45%), Vitamin B5: 0.59mg (5.88%), Calcium: 55.34mg (5.53%), Vitamin B3: 1.05mg (5.25%), Vitamin K: 5.11µg (4.87%), Vitamin B6: 0.08mg (4.12%), Vitamin D: 0.57µg (3.79%), Vitamin B12: 0.23µg (3.79%)