



Chocolate Pecan Pie II



Gluten Free



Dairy Free



Low Fod Map

READY IN



60 min.

SERVINGS



8

CALORIES



510 kcal

DESSERT

Ingredients

- ☐ 0.7 cup brown sugar packed
- ☐ 3 eggs
- ☐ 12 pecan halves
- ☐ 1.5 cups pecans chopped
- ☐ 0.1 teaspoon salt
- ☐ 2 cups semi chocolate chips

Equipment

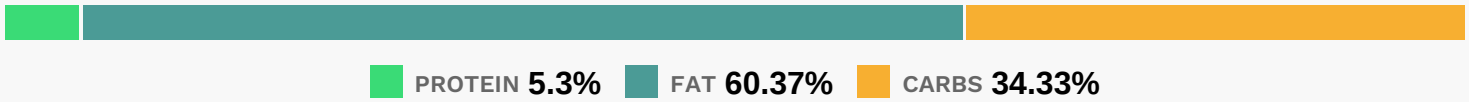
- ☐ bowl

- ☐ oven
- ☐ hand mixer

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Over hot, not boiling, water melt 1 cup chocolate chips.
- ☐ Remove from heat, and let cool.
- ☐ In a small bowl, beat the eggs and salt; beat with an electric mixer at high speed until very thick and lemon colored, about 5 minutes. Gradually beat in the brown sugar and melted chocolate. Stir in chopped pecans and remaining 1 cup chocolate morsels.
- ☐ Pour filling into the unbaked pie crust. Decorate top with pecan halves.
- ☐ Bake for 25 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0.1, Inflammation Score:-5, Nutrition Score:13.897825927838%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Delphinidin: 1.64mg, Delphinidin: 1.64mg, Delphinidin: 1.64mg, Delphinidin: 1.64mg Catechin: 1.63mg, Catechin: 1.63mg, Catechin: 1.63mg, Catechin: 1.63mg Epigallocatechin: 1.27mg, Epigallocatechin: 1.27mg, Epigallocatechin: 1.27mg, Epigallocatechin: 1.27mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg

Nutrients (% of daily need)

Calories: 509.55kcal (25.48%), Fat: 35.04g (53.9%), Saturated Fat: 11.82g (73.9%), Carbohydrates: 44.83g (14.94%), Net Carbohydrates: 39.06g (14.2%), Sugar: 35.26g (39.18%), Cholesterol: 64.08mg (21.36%), Sodium: 69.4mg (3.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 38.7mg (12.9%), Protein: 6.92g (13.84%), Manganese: 1.63mg (81.34%), Copper: 0.85mg (42.63%), Magnesium: 110.1mg (27.53%), Fiber: 5.76g (23.05%), Iron: 3.83mg (21.3%), Phosphorus: 212.83mg (21.28%), Zinc: 2.43mg (16.21%), Selenium: 9.92µg (14.17%), Vitamin B1: 0.17mg (11.32%), Potassium: 394.71mg (11.28%), Vitamin B2: 0.13mg (7.46%), Calcium: 68.16mg (6.82%), Vitamin B5: 0.61mg (6.07%), Vitamin E: 0.75mg (5.03%), Vitamin B6: 0.1mg (4.91%), Vitamin K: 4.08µg (3.88%), Vitamin B12: 0.23µg (3.8%), Vitamin B3: 0.67mg (3.37%), Folate: 12.9µg (3.22%), Vitamin A: 124.22IU (2.48%), Vitamin D: 0.33µg (2.2%)