



Chocolate Pecan Pie IV

 Vegetarian  Gluten Free

READY IN



90 min.

SERVINGS



10

CALORIES



318 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter
- ☐ 1 cup plus light
- ☐ 3 eggs
- ☐ 1 cup pecan halves
- ☐ 0.5 teaspoon salt
- ☐ 2 ounce chocolate unsweetened
- ☐ 0.7 cup sugar white

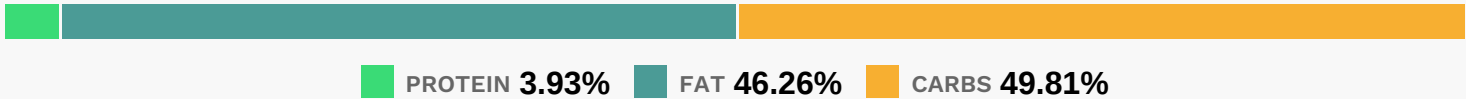
Equipment

☐ oven

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Heat butter and chocolate over low heat, stirring constantly, until chocolate is melted; cool slightly.
- ☐ With hand beater, beat eggs, sugar, salt, chocolate mixture and corn syrup. Stir in pecans and pour mixture into pie shell.
- ☐ Bake until set, 40 to 50 minutes. Cool slightly.
- ☐ Serve warm, or refrigerate and serve with nondairy whipped topping.

Nutrition Facts



Properties

Glycemic Index:14.91, Glycemic Load:14.33, Inflammation Score:-3, Nutrition Score:6.0086957164433%

Flavonoids

Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg Catechin: 4.36mg, Catechin: 4.36mg, Catechin: 4.36mg, Catechin: 4.36mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 8.12mg, Epicatechin: 8.12mg, Epicatechin: 8.12mg, Epicatechin: 8.12mg Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg

Nutrients (% of daily need)

Calories: 317.78kcal (15.89%), Fat: 17.6g (27.07%), Saturated Fat: 6.75g (42.18%), Carbohydrates: 42.64g (14.21%), Net Carbohydrates: 40.74g (14.82%), Sugar: 39.99g (44.44%), Cholesterol: 65.37mg (21.79%), Sodium: 206.31mg (8.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.54mg (1.51%), Protein: 3.37g (6.73%), Manganese: 0.69mg (34.31%), Copper: 0.31mg (15.63%), Zinc: 1.32mg (8.82%), Iron: 1.48mg (8.21%), Magnesium: 32.6mg (8.15%), Phosphorus: 78.05mg (7.81%), Fiber: 1.89g (7.57%), Selenium: 5.28µg (7.55%), Vitamin B1: 0.1mg (6.63%), Vitamin A: 265.92IU (5.32%), Vitamin B2: 0.08mg (4.94%), Vitamin E: 0.48mg (3.17%), Potassium: 108.31mg (3.09%), Vitamin B5: 0.31mg (3.06%), Calcium: 26.5mg (2.65%), Folate: 10.2µg (2.55%), Vitamin B6: 0.05mg (2.25%), Vitamin B12: 0.13µg (2.17%), Vitamin D: 0.26µg (1.76%), Vitamin K: 1.47µg (1.4%), Vitamin B3: 0.21mg (1.03%)