



Chocolate Pecan Pie V

READY IN



90 min.

SERVINGS



8

CALORIES



1424 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons butter
- ☐ 1 cup plus light
- ☐ 3 eggs
- ☐ 1 cup pecans chopped
- ☐ 9 inch pie shell
- ☐ 2 ounce chocolate unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup non-dairy whipped topping frozen thawed
- ☐ 0.8 cup sugar white

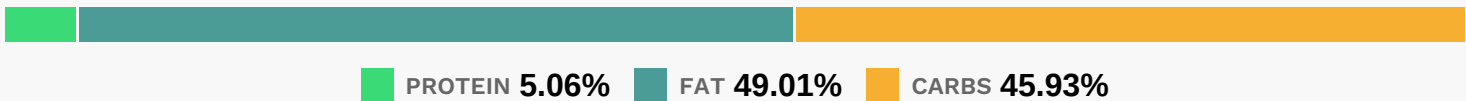
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ double boiler

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ In a double boiler melt chocolate and butter or margarine.
- ☐ Combine sugar and corn syrup in a medium saucepan. Bring to a rapid boil and allow mixture to boil 2 minutes.
- ☐ Add chocolate mixture, stirring well.
- ☐ Place eggs in a medium bowl. While whisking constantly, pour chocolate mixture over eggs.
- ☐ Whisk in vanilla extract, then stir in pecans.
- ☐ Pour mixture into pie shell.
- ☐ Bake in preheated oven for 45 to 50 minutes. Cool before serving. Top each slice with a spoonful of whipped topping.

Nutrition Facts



Properties

Glycemic Index:18.64, Glycemic Load:19.37, Inflammation Score:-6, Nutrition Score:22.711739122868%

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: 5.55mg, Catechin: 5.55mg, Catechin: 5.55mg, Catechin: 5.55mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 10.16mg, Epicatechin: 10.16mg, Epicatechin: 10.16mg, Epicatechin: 10.16mg 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: 1423.9kcal (71.2%), Fat: 78.76g (121.17%), Saturated Fat: 25.24g (157.73%), Carbohydrates: 166.11g (55.37%), Net Carbohydrates: 158g (57.45%), Sugar: 53.29g (59.21%), Cholesterol: 72.76mg (24.25%), Sodium: 1009.17mg (43.88%), Alcohol: 0.17g (100%), Alcohol %: 0.07% (100%), Caffeine: 5.67mg (1.89%), Protein: 18.29g (36.58%), Manganese: 1.91mg (95.47%), Vitamin B1: 0.75mg (50.14%), Iron: 7.73mg (42.96%), Folate: 170.54µg (42.63%), Fiber: 8.11g (32.44%), Vitamin B3: 6.35mg (31.76%), Vitamin B2: 0.49mg (28.99%), Copper: 0.58mg (28.77%), Selenium: 19.56µg (27.94%), Phosphorus: 265.52mg (26.55%), Magnesium: 76.31mg (19.08%), Zinc: 2.72mg (18.16%), Vitamin K: 18.16µg (17.29%), Vitamin B5: 1.3mg (13%), Vitamin E: 1.57mg (10.48%), Potassium: 363.24mg (10.38%), Vitamin B6: 0.17mg (8.62%), Calcium: 79.06mg (7.91%), Vitamin A: 233.65IU (4.67%), Vitamin B12: 0.17µg (2.75%), Vitamin D: 0.33µg (2.2%)