



Chocolate Pecan Pie VI

 Gluten Free

READY IN



65 min.

SERVINGS



8

CALORIES



484 kcal

Ingredients

- ☐ 0.3 cup butter
- ☐ 2 large eggs
- ☐ 1.5 cups pecans
- ☐ 0.3 teaspoon salt
- ☐ 1 cup semi-sweet chocolate chips
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 1 teaspoon vanilla extract

Equipment

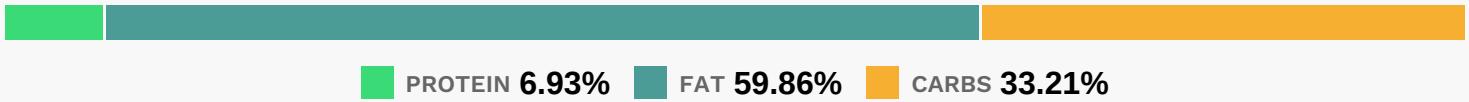
- ☐ sauce pan

☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a medium saucepan, combine chocolate, butter and condensed milk over medium heat. Stir continuously until chocolate chips melt and sauce is smooth.
- ☐ Remove from heat. Stir in eggs, vanilla, salt and pecans; mix well.
- ☐ Pour mixture into pie shell and bake on bottom shelf of oven for 40 to 45 minutes.
- ☐ Serve hot or cold; cold is preferable.

Nutrition Facts



Properties

Glycemic Index:15.13, Glycemic Load:16.55, Inflammation Score:-5, Nutrition Score:12.663478187893%

Flavonoids

Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg Delphinidin: 1.35mg, Delphinidin: 1.35mg, Delphinidin: 1.35mg, Delphinidin: 1.35mg Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg

Nutrients (% of daily need)

Calories: 484.35kcal (24.22%), Fat: 33g (50.77%), Saturated Fat: 12.73g (79.55%), Carbohydrates: 41.19g (13.73%), Net Carbohydrates: 37.66g (13.7%), Sugar: 35.87g (39.86%), Cholesterol: 79.93mg (26.64%), Sodium: 201.27mg (8.75%), Alcohol: 0.17g (100%), Alcohol %: 0.2% (100%), Caffeine: 18.81mg (6.27%), Protein: 8.6g (17.2%), Manganese: 1.13mg (56.65%), Phosphorus: 260.29mg (26.03%), Copper: 0.51mg (25.63%), Selenium: 13.79µg (19.71%), Magnesium: 75.56mg (18.89%), Vitamin B2: 0.3mg (17.72%), Calcium: 176.26mg (17.63%), Fiber: 3.53g (14.13%), Zinc: 2.06mg (13.7%), Iron: 2.17mg (12.04%), Vitamin B1: 0.18mg (11.97%), Potassium: 403.9mg (11.54%), Vitamin B5: 0.8mg (7.98%), Vitamin A: 398.57IU (7.97%), Vitamin B12: 0.38µg (6.35%), Vitamin E: 0.76mg (5.09%), Vitamin B6: 0.09mg (4.67%), Folate: 15.63µg (3.91%), Vitamin K: 3.06µg (2.91%), Vitamin B3: 0.52mg (2.6%), Vitamin D: 0.35µg (2.33%), Vitamin C: 1.49mg (1.81%)