



Chocolate Shoofly Pie

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



1123 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 0.5 cup brown sugar packed
- 3 tablespoons butter shortening flavored
- 1 eggs beaten
- 1.5 cups flour all-purpose
- 9 inch pie shell
- 0.5 cup semi chocolate chips
- 1 cup unsulfured molasses

0.8 cup water boiling

Equipment

bowl

oven

pie form

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a small bowl, mix together flour and brown sugar.

Cut in shortening until mixture resembles coarse crumbs. Set aside 1 cup of this mixture for topping the pie.

In a large bowl, combine egg, molasses, cold water, and remaining crumb mixture.

Mix thoroughly. Dissolve baking soda in boiling water and add to molasses mixture.

Mix well.

Spread chocolate chips across bottom of pastry-lined pie pan.

Pour filling over chocolate chips.

Sprinkle reserved crumb mixture over top.

Bake in preheated oven for 45 to 55 minutes, until filling is set.

Nutrition Facts



PROTEIN 5.05% **FAT 44.06%** **CARBS 50.89%**

Properties

Glycemic Index:11.9, Glycemic Load:21.43, Inflammation Score:-7, Nutrition Score:21.454782542975%

Nutrients (% of daily need)

Calories: 1122.73kcal (56.14%), Fat: 54.85g (84.38%), Saturated Fat: 17.8g (111.26%), Carbohydrates: 142.54g (47.51%), Net Carbohydrates: 136.81g (49.75%), Sugar: 39.21g (43.57%), Cholesterol: 16.91mg (5.64%), Sodium: 869.75mg (37.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 7.74mg (2.58%), Protein: 14.14g (28.29%), Manganese: 1.57mg (78.33%), Vitamin B1: 0.66mg (44.09%), Iron: 7.87mg (43.71%), Folate: 162.49µg (40.62%),

Selenium: 24.85µg (35.51%), Magnesium: 130.21mg (32.55%), Vitamin B3: 6.37mg (31.86%), Vitamin B2: 0.42mg (24.93%), Fiber: 5.73g (22.91%), Copper: 0.45mg (22.48%), Potassium: 758.41mg (21.67%), Phosphorus: 192.85mg (19.28%), Vitamin B6: 0.34mg (16.96%), Vitamin K: 15.9µg (15.14%), Calcium: 123.84mg (12.38%), Vitamin B5: 1.22mg (12.17%), Zinc: 1.34mg (8.93%), Vitamin E: 1.17mg (7.83%)