



Chocolate Silk Pecan Pie

READY IN



220 min.

SERVINGS



10

CALORIES



479 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 10 servings chocolate curls
- ☐ 0.5 cup corn syrup dark
- ☐ 2 eggs
- ☐ 0.3 cup granulated sugar
- ☐ 1 cup milk hot
- ☐ 0.5 cup pecans chopped
- ☐ 2 tablespoons powdered sugar
- ☐ 1 pie crust dough refrigerated softened

- ☐ 0.1 teaspoon salt
- ☐ 1.3 cups semi chocolate chips
- ☐ 0.3 teaspoon vanilla
- ☐ 1 cup whipping cream (heavy)

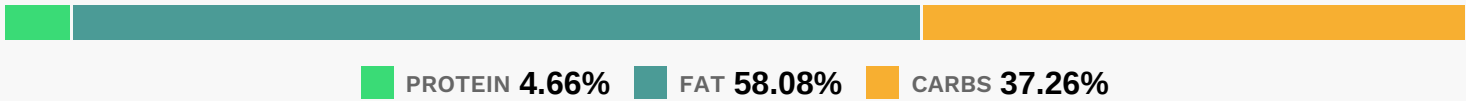
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ hand mixer

Directions

- ☐ Prepare pie crust as directed on package for one-crust filled pie using 9-inch pie plate.
- ☐ Heat oven to 35
- ☐ Beat granulated sugar, corn syrup, butter, salt and eggs in small bowl with electric mixer on medium speed 1 minute. Stir in pecans.
- ☐ Pour into pie crust in pie plate.
- ☐ Bake 35 to 45 minutes or until center of pie is puffed and golden brown. Cool 1 hour.
- ☐ While filled crust is cooling, place hot milk, 1/4 teaspoon vanilla and the chocolate chips in blender or food processor; cover and blend on medium speed about 1 minute or until smooth. Refrigerate about 1 hour 30 minutes or until mixture is slightly thickened but not set. Gently stir; pour over cooled filling in pie crust. Refrigerate about 1 hour or until firm.
- ☐ Beat whipping cream, powdered sugar and 1/4 teaspoon vanilla in chilled small bowl on high speed until stiff peaks form. Spoon or pipe over filling.
- ☐ Garnish with chocolate curls. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:20.81, Glycemic Load:17.02, Inflammation Score:-5, Nutrition Score:9.1447827090388%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg

Nutrients (% of daily need)

Calories: 479.38kcal (23.97%), Fat: 31.55g (48.53%), Saturated Fat: 14.14g (88.35%), Carbohydrates: 45.52g (15.17%), Net Carbohydrates: 42.57g (15.48%), Sugar: 32.75g (36.39%), Cholesterol: 64.06mg (21.35%), Sodium: 195.43mg (8.5%), Alcohol: 0.03g (100%), Alcohol %: 0.03% (100%), Caffeine: 21.5mg (7.17%), Protein: 5.7g (11.4%), Manganese: 0.67mg (33.65%), Copper: 0.41mg (20.45%), Phosphorus: 151.06mg (15.11%), Magnesium: 60.3mg (15.07%), Iron: 2.41mg (13.36%), Vitamin A: 602.86IU (12.06%), Fiber: 2.95g (11.79%), Selenium: 7.7µg (11%), Vitamin B2: 0.17mg (10.1%), Zinc: 1.26mg (8.43%), Calcium: 77.63mg (7.76%), Vitamin B1: 0.12mg (7.66%), Potassium: 261.52mg (7.47%), Vitamin D: 0.83µg (5.5%), Vitamin E: 0.76mg (5.04%), Vitamin B12: 0.3µg (4.96%), Vitamin B5: 0.49mg (4.85%), Folate: 18.23µg (4.56%), Vitamin B3: 0.78mg (3.92%), Vitamin K: 4.09µg (3.9%), Vitamin B6: 0.07mg (3.43%)