

Chocolate Silk Pecan Pie

READY IN



230 min.

SERVINGS



10

CALORIES



532 kcal

DESSERT

Ingredients

- 3 tablespoons butter melted
- 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 pillsbury®
- 12 ounce semi chocolate chips

- 0.3 teaspoon vanilla extract
- 1 cup whipping cream

Equipment

- food processor
- bowl
- oven
- blender
- hand mixer
- aluminum foil

Directions

- Heat oven to 350 degrees F.
- Place pie crust in 9-inch glass pie plate as directed on box for One-Crust Filled Pie.
- In small bowl, beat eggs with electric mixer on medium speed until well blended.
- Add granulated sugar, corn syrup, butter and salt; beat 1 minute. Stir in pecans.
- Pour into crust-lined pie plate. Cover crust edge with 2- to 3-inch-wide strips of foil to prevent excessive browning; remove foil during last 15 minutes of bake time.
- Bake 40 to 55 minutes or until center of pie is puffed and golden brown. Cool 1 hour.
- Meanwhile, in blender or food processor, place chocolate filling ingredients. Cover; blend about 1 minute or until smooth. Refrigerate until mixture is slightly thickened but not set, about 1 hour 30 minutes.
- Gently stir chocolate filling; pour over cooled pecan filling in crust. Refrigerate at least 1 hour or until firm before serving.
- Just before serving, in small bowl, beat whipping cream, powdered sugar and 1/4 teaspoon vanilla with mixer on high speed until stiff peaks form. Spoon or pipe whipped cream over filling.
- Garnish with chocolate curls. Cover and refrigerate any remaining pie.

Nutrition Facts



■ PROTEIN 4.62% ■ FAT 58.22% ■ CARBS 37.16%

Properties

Glycemic Index:20.81, Glycemic Load:17.02, Inflammation Score:-6, Nutrition Score:10.503478309383%

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: 531.61kcal (26.58%), Fat: 35g (53.85%), Saturated Fat: 16.12g (100.77%), Carbohydrates: 50.25g (16.75%), Net Carbohydrates: 46.58g (16.94%), Sugar: 36.07g (40.07%), Cholesterol: 64.6mg (21.53%), Sodium: 167.27mg (7.27%), Alcohol: 0.03g (100%), Alcohol %: 0.03% (100%), Caffeine: 29.26mg (9.75%), Protein: 6.25g (12.5%), Manganese: 0.79mg (39.62%), Copper: 0.52mg (26.08%), Magnesium: 76.17mg (19.04%), Phosphorus: 174.51mg (17.45%), Iron: 2.98mg (16.53%), Fiber: 3.67g (14.68%), Vitamin A: 607.37IU (12.15%), Selenium: 8.46µg (12.08%), Vitamin B2: 0.18mg (10.36%), Zinc: 1.5mg (10.02%), Potassium: 312.66mg (8.93%), Calcium: 83.21mg (8.32%), Vitamin B1: 0.12mg (7.86%), Vitamin D: 0.83µg (5.5%), Vitamin E: 0.81mg (5.39%), Vitamin B12: 0.31µg (5.23%), Vitamin B5: 0.51mg (5.12%), Folate: 18.23µg (4.56%), Vitamin K: 4.74µg (4.52%), Vitamin B3: 0.86mg (4.3%), Vitamin B6: 0.07mg (3.58%)