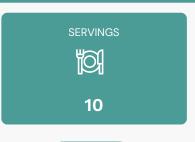


Chocolate Silk Pecan Pie







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

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, Delphinidin: 0.4mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.04mg, Epicatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13

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 B1: 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%)