



## Colonial Innkeeper's Pie

READY IN



45 min.

SERVINGS



8

CALORIES



320 kcal

DESSERT

### Ingredients

- 1 teaspoon double-acting baking powder
- 0.3 cup butter
- 1 eggs
- 1 cup flour all-purpose
- 0.5 cup milk
- 0.5 teaspoon salt
- 0.3 cup shortening
- 1 ounce chocolate unsweetened
- 0.5 teaspoon vanilla extract

- 0.5 cup walnuts chopped
- 0.5 cup water
- 0.8 cup sugar white

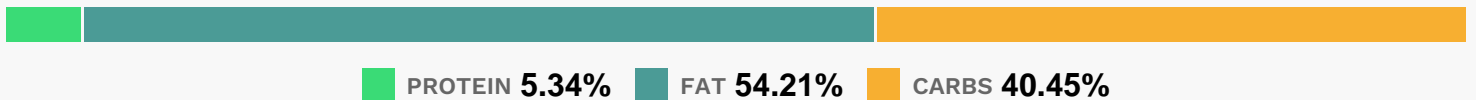
## Equipment

- frying pan
- oven
- hand mixer

## Directions

- In a small pan, melt the chocolate with the water. Stir in 2/3 cup sugar.
- Heat to boiling, stirring constantly.
- Remove from heat. Stir in butter or margarine and 1 1/2 teaspoons vanilla. Set aside.
- Blend together flour, 3/4 cup sugar, baking powder, salt, shortening, milk, and 1/2 teaspoon vanilla with an electric mixer on low speed to mix. Beat on medium speed for 2 minutes.
- Mix in the egg. Beat 2 minutes more.
- Pour batter into the pastry lined pan. Stir chocolate mixture, and pour over batter.
- Sprinkle with the nuts.
- Bake in a 350 degrees F (175 degrees C) for 55 to 60 minutes.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:43.14, Glycemic Load:22.22, Inflammation Score:-4, Nutrition Score:6.8265216761957%

## Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg

## Nutrients (% of daily need)

Calories: 320.13kcal (16.01%), Fat: 20.01g (30.78%), Saturated Fat: 7.32g (45.77%), Carbohydrates: 33.58g (11.19%), Net Carbohydrates: 32.08g (11.67%), Sugar: 19.77g (21.96%), Cholesterol: 37.54mg (12.51%), Sodium: 260.08mg (11.31%), Alcohol: 0.09g (100%), Alcohol %: 0.11% (100%), Protein: 4.44g (8.87%), Manganese: 0.51mg (25.39%), Copper: 0.26mg (13.07%), Selenium: 8.11µg (11.58%), Vitamin B1: 0.17mg (11.01%), Folate: 39.55µg (9.89%), Iron: 1.72mg (9.57%), Phosphorus: 95.32mg (9.53%), Vitamin B2: 0.14mg (8.48%), Magnesium: 29.53mg (7.38%), Calcium: 66.82mg (6.68%), Fiber: 1.5g (6%), Zinc: 0.82mg (5.47%), Vitamin B3: 1.08mg (5.38%), Vitamin A: 233.14IU (4.66%), Vitamin E: 0.7mg (4.65%), Vitamin K: 4.55µg (4.34%), Vitamin B6: 0.07mg (3.3%), Potassium: 111.42mg (3.18%), Vitamin B5: 0.31mg (3.09%), Vitamin B12: 0.14µg (2.39%), Vitamin D: 0.28µg (1.85%)