



Cookie-Crusted, Chocolate Pecan Pie

READY IN



45 min.

SERVINGS



10

CALORIES



344 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons bourbon
- ☐ 0.5 cup brown sugar packed
- ☐ 2 tablespoons brown sugar
- ☐ 1 tablespoon butter melted
- ☐ 0.7 cup plus dark
- ☐ 1 large egg white lightly beaten
- ☐ 3 large eggs lightly beaten
- ☐ 0.5 cup pecans toasted coarsely chopped
- ☐ 0.3 teaspoon salt

- ☐ 0.3 cup semi chocolate chips
- ☐ 1 teaspoon vanilla extract
- ☐ 40 vanilla wafers reduced-fat

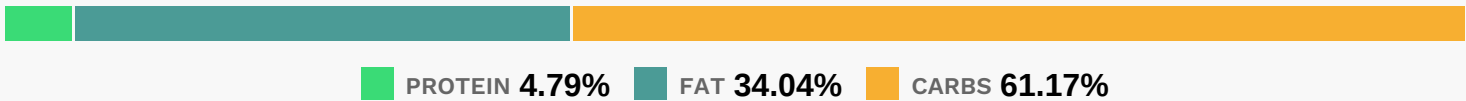
Equipment

- ☐ food processor
- ☐ oven
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Preheat oven to 35
- ☐ To prepare crust, place cookies in a food processor; process until finely ground.
- ☐ Add 2 tablespoons brown sugar, butter, and egg white; pulse 2 to 3 times or just until moistened. Press mixture into bottom and up sides of a 9-inch pie plate coated with cooking spray.
- ☐ Bake at 350 for 5 minutes. Cool on a wire rack.
- ☐ To prepare filling, sprinkle pecans and chocolate chips into bottom of prepared crust.
- ☐ Combine syrup and remaining ingredients, stirring well with a whisk.
- ☐ Pour over pecans and chocolate chips.
- ☐ Bake at 350 for 27 minutes or until set. Cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:24.2, Glycemic Load:29.15, Inflammation Score:-2, Nutrition Score:5.0708695005464%

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: 343.97kcal (17.2%), Fat: 12.97g (19.95%), Saturated Fat: 4.22g (26.35%), Carbohydrates: 52.41g (17.47%),
Net Carbohydrates: 51.08g (18.57%), Sugar: 40.77g (45.3%), Cholesterol: 59.41mg (19.8%), Sodium: 230.07mg
(10%), Alcohol: 1.64g (100%), Alcohol %: 2.16% (100%), Caffeine: 5.16mg (1.72%), Protein: 4.1g (8.21%), Manganese:
0.36mg (18.13%), Vitamin B1: 0.15mg (9.85%), Selenium: 6.81µg (9.73%), Vitamin B2: 0.15mg (8.9%), Copper: 0.17mg
(8.57%), Phosphorus: 74.55mg (7.45%), Folate: 29.68µg (7.42%), Magnesium: 22.42mg (5.6%), Fiber: 1.34g (5.36%),
Iron: 0.96mg (5.36%), Zinc: 0.62mg (4.11%), Vitamin B3: 0.77mg (3.87%), Potassium: 131.46mg (3.76%), Vitamin B5:
0.33mg (3.26%), Calcium: 31.8mg (3.18%), Vitamin B12: 0.15µg (2.49%), Vitamin A: 122.04IU (2.44%), Vitamin B6:
0.05mg (2.34%), Vitamin E: 0.3mg (2.01%), Vitamin D: 0.3µg (2%)