



Corrie's Kentucky Pie

READY IN



65 min.

SERVINGS



20

CALORIES



1329 kcal

DESSERT

Ingredients

- ☐ 1 cup butter melted (2 sticks)
- ☐ 18 inch deep dish unbaked pie shells
- ☐ 4 large eggs lightly beaten
- ☐ 20 servings ice cream
- ☐ 2 cups pecans chopped
- ☐ 1 cup self-rising flour sifted
- ☐ 12 ounce semisweet chocolate morsels melted
- ☐ 2 cups sugar
- ☐ 2 teaspoons vanilla extract

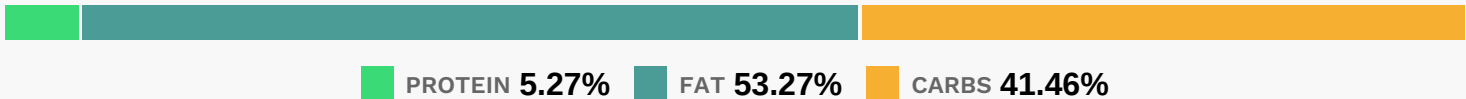
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Combine eggs, sugar, and melted chocolate in large bowl.
- ☐ Add flour and mix well, stirring in remaining ingredients except for pie shells.
- ☐ Bake 50 to 60 minutes.
- ☐ Serve warm with ice cream. Freezes well!!!

Nutrition Facts



Properties

Glycemic Index:12.9, Glycemic Load:26.17, Inflammation Score:-7, Nutrition Score:21.595217471537%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg

Nutrients (% of daily need)

Calories: 1329.42kcal (66.47%), Fat: 78.87g (121.35%), Saturated Fat: 29.75g (185.94%), Carbohydrates: 138.11g (46.04%), Net Carbohydrates: 130.59g (47.49%), Sugar: 40.74g (45.27%), Cholesterol: 91.66mg (30.55%), Sodium: 878.24mg (38.18%), Alcohol: 0.14g (100%), Alcohol %: 0.05% (100%), Caffeine: 14.63mg (4.88%), Protein: 17.54g (35.09%), Manganese: 1.57mg (78.54%), Vitamin B1: 0.61mg (40.6%), Iron: 6.33mg (35.19%), Folate: 138.8µg (34.7%), Vitamin B2: 0.54mg (32.02%), Phosphorus: 301.93mg (30.19%), Fiber: 7.52g (30.08%), Selenium: 19.08µg (27.25%), Vitamin B3: 5.28mg (26.42%), Copper: 0.51mg (25.68%), Magnesium: 82.4mg (20.6%), Zinc: 2.4mg (16.03%), Vitamin K: 15.79µg (15.04%), Calcium: 146.36mg (14.64%), Vitamin B5: 1.45mg (14.51%), Potassium: 470.84mg (13.45%), Vitamin A: 632.03IU (12.64%), Vitamin E: 1.67mg (11.15%), Vitamin B6: 0.17mg (8.51%), Vitamin B12: 0.4µg

(6.61%), Vitamin D: 0.33µg (2.21%)