



 4%  
HEALTH SCORE

## Dark Chocolate Pie with Cocoa Nib Praline

READY IN



45 min.

SERVINGS



8

CALORIES



715 kcal

DESSERT

### Ingredients

- 1.3 cups flour
- 1 teaspoon kosher salt
- 0.3 cup cacao nibs
- 0.3 cup plus light
- 4 teaspoons cornstarch
- 6 large egg yolk
- 0.7 cup brown sugar packed ()
- 0.7 cup brown sugar packed ()
- 0.3 cup pecans chopped

- 3 tablespoons powdered sugar
- 4 ounces bittersweet chocolate unsweetened chopped (not )
- 0.5 cup sugar
- 3 tablespoons butter unsalted
- 6 tablespoons cocoa powder unsweetened (such as Scharffen Berger or Valrhona)
- 1 teaspoon vanilla extract
- 1.5 cups whipping cream chilled
- 2.3 cups milk whole divided

## Equipment

- bowl
- baking sheet
- sauce pan
- baking paper
- oven
- whisk
- hand mixer
- pie form

## Directions

- Preheat oven to 350°F. Butter 9-inch-diameter glass pie dish.
- Mix melted butter, sugar, and salt in medium bowl.
- Add flour and mix until well blended. Press dough onto bottom and up sides of prepared dish; crimp edges decoratively.
- Bake crust until golden brown and cooked through, about 18 minutes. Cool crust completely on rack. Maintain oven temperature.
- Line rimmed baking sheet with parchment paper.
- Whisk first 5 ingredients in medium bowl to blend. Stir in cocoa nibs and chopped pecans. Drop mixture by tablespoonfuls onto prepared sheet, spacing 1 inch apart.

- Bake until mixture spreads and is deep golden brown, about 18 minutes (mixture will flow together into 1 piece on baking sheet).
- Remove from oven; cool completely on sheet. Break praline into irregular pieces or shards. (Can be prepared 1 day ahead. Store airtight in single layer at room temperature.)
- Bring 2 cups milk to simmer in heavy medium saucepan; remove from heat.
- Whisk egg yolks, brown sugar, vanilla, and remaining 1/4 cup milk to blend in medium bowl; whisk in cocoa powder and cornstarch until smooth. Gradually whisk in hot milk mixture. Return mixture to saucepan.
- Whisk constantly over medium heat until mixture thickens and boils.
- Remove from heat.
- Add chocolate and butter; whisk until melted and smooth.
- Pour filling into cooled pie crust. Refrigerate until filling is cold and set, about 4 hours. (Can be prepared 1 day ahead. Cover and keep chilled.)
- Using electric mixer, beat cream and powdered sugar until soft peaks form.
- Cut pie into wedges.
- Serve with whipped cream and praline pieces.

## Nutrition Facts



**PROTEIN 5.52%** **FAT 44.33%** **CARBS 50.15%**

## Properties

Glycemic Index:26.51, Glycemic Load:23.01, Inflammation Score:-7, Nutrition Score:14.618260824162%

## Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Catechin: 2.65mg, Catechin: 2.65mg, Catechin: 2.65mg, Catechin: 2.65mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 7.39mg, Epicatechin: 7.39mg, Epicatechin: 7.39mg, Epicatechin: 7.39mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

## Nutrients (% of daily need)

Calories: 714.74kcal (35.74%), Fat: 36.19g (55.67%), Saturated Fat: 20.33g (127.08%), Carbohydrates: 92.09g (30.7%), Net Carbohydrates: 88.22g (32.08%), Sugar: 69.39g (77.1%), Cholesterol: 208.5mg (69.5%), Sodium:

355.33mg (15.45%), Alcohol: 0.17g (100%), Alcohol %: 0.09% (100%), Caffeine: 20.82mg (6.94%), Protein: 10.14g (20.28%), Manganese: 0.65mg (32.5%), Selenium: 19.38µg (27.68%), Phosphorus: 243.25mg (24.33%), Vitamin B2: 0.37mg (22%), Vitamin A: 1091.03IU (21.82%), Copper: 0.42mg (21.09%), Calcium: 182.68mg (18.27%), Magnesium: 72.3mg (18.07%), Vitamin B1: 0.27mg (17.85%), Iron: 3.13mg (17.4%), Fiber: 3.87g (15.49%), Folate: 60.93µg (15.23%), Vitamin D: 2.24µg (14.91%), Vitamin B12: 0.73µg (12.08%), Zinc: 1.66mg (11.1%), Potassium: 382.85mg (10.94%), Vitamin B5: 0.98mg (9.75%), Vitamin B3: 1.62mg (8.08%), Vitamin B6: 0.14mg (7.12%), Vitamin E: 1.04mg (6.93%), Vitamin K: 3.38µg (3.21%)