



WHATSheATE



Decadent Chocolate Pecan Pie



Gluten Free

READY IN



80 min.

SERVINGS



10

CALORIES



535 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons dairy-free margarine
- ☐ 1 cup plus dark
- ☐ 4 eggs
- ☐ 1 dairy-free pre-made pie crust gluten-free homemade store-bought (can be or – see options on this post; optionally , too)
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 3 tablespoons milk alternative plain unsweetened (your choice)
- ☐ 1.5 cups pecan halves

- ☐ 0.3 teaspoon salt
- ☐ 1 cup dairy-free semi-sweet chocolate chips
- ☐ 1 cup sugar
- ☐ 2 teaspoons vanilla extract pure

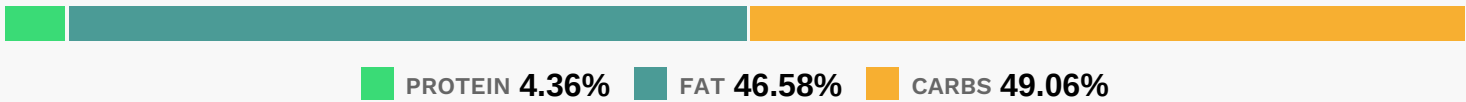
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Preheat your oven to 425°F and line a 9-inch deep dish pie plate with pie crust.
- ☐ Bake 7 minutes.
- ☐ Remove crust from oven. Reduce oven temperature to 325°F. Meanwhile, microwave chocolate chips and milk alternative in a microwave-safe bowl on HIGH for 60 to 90 seconds. Stir until smooth.
- ☐ Pour chocolate evenly over crust. Beat eggs in large bowl.
- ☐ Add remaining ingredients and mix well. Slowly pour mixture over chocolate layer.
- ☐ Place ring of foil around edges of crust to prevent over-browning.
- ☐ Bake 55 to 60 minutes or until filling is puffed and center is still soft enough to move when shaken gently. Cool completely on wire rack.

Nutrition Facts



Properties

Glycemic Index:25.01, Glycemic Load:37.93, Inflammation Score:-3, Nutrition Score:9.7073914065309%

Flavonoids

Cyanidin: 1.59mg, Cyanidin: 1.59mg, Cyanidin: 1.59mg, Cyanidin: 1.59mg Delphinidin: 1.08mg, Delphinidin: 1.08mg, Delphinidin: 1.08mg, Delphinidin: 1.08mg Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3–gallate: 0.34mg, Epigallocatechin 3–gallate: 0.34mg, Epigallocatechin 3–gallate: 0.34mg, Epigallocatechin 3–gallate: 0.34mg

Nutrients (% of daily need)

Calories: 535.4kcal (26.77%), Fat: 28.66g (44.09%), Saturated Fat: 10.51g (65.66%), Carbohydrates: 67.93g (22.64%), Net Carbohydrates: 64.54g (23.47%), Sugar: 53.82g (59.8%), Cholesterol: 67.06mg (22.35%), Sodium: 221.56mg (9.63%), Alcohol: 0.28g (100%), Alcohol %: 0.26% (100%), Caffeine: 15.05mg (5.02%), Protein: 6.04g (12.07%), Manganese: 1.05mg (52.47%), Copper: 0.44mg (22.25%), Phosphorus: 144.35mg (14.43%), Magnesium: 57.37mg (14.34%), Selenium: 9.78µg (13.97%), Iron: 2.46mg (13.67%), Fiber: 3.39g (13.56%), Vitamin B1: 0.17mg (11.47%), Zinc: 1.49mg (9.95%), Vitamin B2: 0.16mg (9.19%), Potassium: 228.1mg (6.52%), Folate: 25.56µg (6.39%), Vitamin B5: 0.56mg (5.57%), Calcium: 48.27mg (4.83%), Vitamin B3: 0.89mg (4.46%), Vitamin B6: 0.08mg (4.17%), Vitamin E: 0.6mg (3.98%), Vitamin B12: 0.21µg (3.54%), Vitamin K: 3.36µg (3.2%), Vitamin D: 0.4µg (2.68%), Vitamin A: 120.16IU (2.4%)