



Eighth Race Pie

READY IN



45 min.

SERVINGS



10

CALORIES



307 kcal

DESSERT

Ingredients

- 2 tablespoons bourbon
- 0.3 cup butter
- 0.8 cup plus light
- 3 eggs
- 0.5 cup pecans chopped
- 0.3 teaspoon salt
- 0.5 cup semi chocolate chips
- 1 teaspoon vanilla extract
- 1 cup sugar white

Equipment

oven

Directions

Preheat oven to 350 degrees F (175 degrees C).

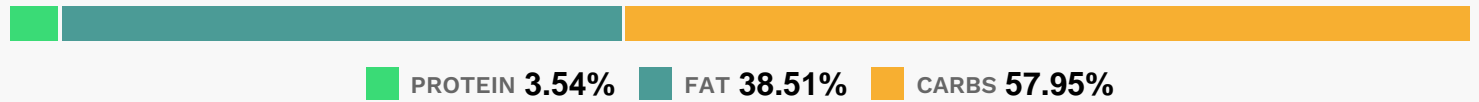
Cream sugar and butter or margarine together until light and fluffy. Beat eggs, and add with corn syrup, salt, and vanilla to the creamed mixture; beat well. Stir in chocolate chips, nuts, and bourbon.

Pour filling into crust.

Place pie on lowest rack in oven.

Bake for 45 minutes.

Nutrition Facts



Properties

Glycemic Index:16.41, Glycemic Load:17.72, Inflammation Score:-2, Nutrition Score:4.22260872469%

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: 306.79kcal (15.34%), Fat: 13.35g (20.53%), Saturated Fat: 5.65g (35.31%), Carbohydrates: 45.19g (15.06%), Net Carbohydrates: 43.94g (15.98%), Sugar: 43.22g (48.03%), Cholesterol: 61.85mg (20.62%), Sodium: 130.39mg (5.67%), Alcohol: 1.14g (100%), Alcohol %: 1.75% (100%), Caffeine: 7.74mg (2.58%), Protein: 2.76g (5.52%), Manganese: 0.37mg (18.53%), Copper: 0.19mg (9.48%), Selenium: 5.37µg (7.67%), Phosphorus: 66.14mg (6.61%), Magnesium: 24.44mg (6.11%), Iron: 0.95mg (5.28%), Zinc: 0.78mg (5.18%), Fiber: 1.24g (4.97%), Vitamin B2: 0.08mg (4.59%), Vitamin A: 220.65IU (4.41%), Vitamin B1: 0.06mg (3.98%), Vitamin B5: 0.28mg (2.83%), Potassium: 94.27mg (2.69%), Vitamin E: 0.4mg (2.66%), Vitamin B12: 0.14µg (2.39%), Calcium: 21.75mg (2.18%), Folate: 7.57µg (1.89%), Vitamin B6: 0.04mg (1.86%), Vitamin D: 0.26µg (1.76%), Vitamin K: 1.28µg (1.21%)