



Elizabeth's Chocolate Chess Pie

 Vegetarian

READY IN



75 min.

SERVINGS



10

CALORIES



282 kcal

DESSERT

Ingredients

- 0.3 cup butter cold cut into pieces
- 2 eggs
- 5 oz evaporated skim milk
- 1 cup flour sifted
- 3 tablespoons ice water
- 0.5 cup pecans chopped
- 0.3 teaspoon salt
- 0.5 teaspoon salt

- 1.5 cups sugar
- 4 tablespoons cocoa powder unsweetened (such as Droste)
- 1 teaspoon vanilla

Equipment

- bowl
- oven
- whisk
- plastic wrap
- rolling pin
- pie form
- pastry cutter

Directions

- Whisk together flour and salt. Using a pastry cutter or 2 knives, cut butter into flour mixture until it resembles cornmeal with some pea-size pieces. Using a fork, stir in 3 tbsp. ice water. Knead dough just until it starts to hold together (if it's too crumbly, sprinkle in remaining water). Pat into a 6-in. disk; cover with plastic wrap. Chill at least 20 minutes.
- Preheat oven to 35
- Whisk together sugar, cocoa, and salt. In a separate bowl, whisk eggs well; whisk in evaporated milk and vanilla and stir into sugar mixture. Stir in pecans.
- On a lightly floured surface with a floured rolling pin, roll dough into a round 1/8 in. thick and 12 to 13 in. wide. Put dough in a 9-in. pie pan. Trim edge 1 in. beyond rim and fold edge under itself so it's flush with and resting on top of rim. Crimp edge with a fork.
- Pour batter into crust and bake 35 to 45 minutes, or until set and crust is golden.
- Serve warm.

Nutrition Facts



PROTEIN 6.05% FAT 35.1% CARBS 58.85%

Properties

Glycemic Index:20.51, Glycemic Load:27.87, Inflammation Score:-3, Nutrition Score:5.8599999715453%

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: 1.69mg, Catechin: 1.69mg, Catechin: 1.69mg, Catechin: 1.69mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 3.97mg, Epicatechin: 3.97mg, Epicatechin: 3.97mg, Epicatechin: 3.97mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 282.26kcal (14.11%), Fat: 11.42g (17.57%), Saturated Fat: 4.7g (29.37%), Carbohydrates: 43.07g (14.36%), Net Carbohydrates: 41.47g (15.08%), Sugar: 31.93g (35.48%), Cholesterol: 49.57mg (16.52%), Sodium: 253.09mg (11%), Alcohol: 0.14g (100%), Alcohol %: 0.2% (100%), Caffeine: 4.6mg (1.53%), Protein: 4.43g (8.85%), Manganese: 0.41mg (20.66%), Selenium: 8.04µg (11.49%), Vitamin B2: 0.17mg (9.78%), Vitamin B1: 0.15mg (9.73%), Phosphorus: 90.18mg (9.02%), Copper: 0.17mg (8.55%), Folate: 30.35µg (7.59%), Iron: 1.21mg (6.72%), Fiber: 1.6g (6.4%), Magnesium: 24.46mg (6.11%), Vitamin A: 295.51IU (5.91%), Calcium: 56.69mg (5.67%), Zinc: 0.72mg (4.82%), Vitamin B3: 0.88mg (4.41%), Potassium: 128.37mg (3.67%), Vitamin B5: 0.35mg (3.55%), Vitamin D: 0.46µg (3.06%), Vitamin E: 0.35mg (2.36%), Vitamin B6: 0.04mg (2.12%), Vitamin B12: 0.13µg (2.09%)