French Silk Chocolate Pie III

READY IN	SERVINGS	CALORIES
30 min.	8	1685 kcal

DESSERT

Ingredients

- [ ] 2 cups butter
- [ ] 4 eggs
- [ ] 9 inch pie shell
- [ ] 4 ounce baking chocolate unsweetened
- [ ] 2 teaspoons vanilla extract
- [ ] 1.5 cups sugar white

Equipment

- [ ] bowl

- [ ] double boiler
- [ ] hand mixer

Directions

- [ ] In the top of a double boiler, heat chocolate, stirring occasionally, until chocolate is melted and smooth.
- [ ] Remove from heat and allow to cool to lukewarm.
- [ ] In a large bowl, cream butter and sugar until pale yellow and very fluffy. Blend in the melted chocolate and vanilla. With an electric mixer on medium speed, beat in the eggs, one at a time, taking 5 minutes for each egg.
- [ ] Pour filling into baked pie shell. Refrigerate 4 hours before serving.

Nutrition Facts

PROTEIN **4.43%** FAT **60.17%** CARBS **35.4%**

Properties

Glycemic Index:15.01, Glycemic Load:26.2, Inflammation Score:-8, Nutrition Score:24.197826312936%

Flavonoids

Catechin: 9.12mg, Catechin: 9.12mg, Catechin: 9.12mg, Catechin: 9.12mg Epicatechin: 20.1mg, Epicatechin: 20.1mg, Epicatechin: 20.1mg, Epicatechin: 20.1mg

Nutrients (% of daily need)

Calories: 1684.88kcal (84.24%), Fat: 114.31g (175.86%), Saturated Fat: 52.8g (330.01%), Carbohydrates: 151.29g (50.43%), Net Carbohydrates: 143.32g (52.11%), Sugar: 37.8g (42%), Cholesterol: 203.85mg (67.95%), Sodium: 1320.26mg (57.4%), Alcohol: 0.34g (100%), Alcohol %: 0.12% (100%), Caffeine: 11.34mg (3.78%), Protein: 18.94g (37.89%), Manganese: 1.6mg (79.76%), Iron: 8.73mg (48.52%), Vitamin B1: 0.65mg (43.42%), Folate: 173.51µg (43.38%), Copper: 0.65mg (32.31%), Fiber: 7.98g (31.91%), Vitamin B3: 6.31mg (31.56%), Vitamin B2: 0.52mg (30.86%), Vitamin A: 1539.23IU (30.78%), Selenium: 21.52µg (30.74%), Phosphorus: 275.94mg (27.59%), Magnesium: 84mg (21%), Vitamin K: 21.84µg (20.8%), Zinc: 2.72mg (18.12%), Vitamin E: 2.64mg (17.6%), Vitamin B5: 1.34mg (13.35%), Potassium: 382.11mg (10.92%), Calcium: 83.49mg (8.35%), Vitamin B6: 0.16mg (7.78%), Vitamin B12: 0.29µg (4.87%), Vitamin D: 0.44µg (2.93%)