



Fudge Pie

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



234 kcal

DESSERT

Ingredients

- 0.5 cup butter
- 2 eggs
- 0.3 cup flour all-purpose
- 3 tablespoons cocoa powder unsweetened
- 1 teaspoon vanilla extract
- 1 cup sugar white

Equipment

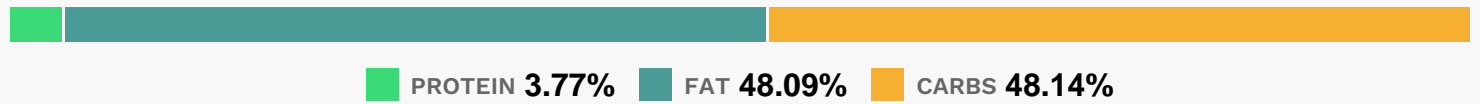
- bowl

- oven
- pie form

Directions

- Unfold piecrust; fit into 9 inch pie pan. Prebake crust according to package directions.
- Remove from oven.
- Lower the oven temperature to 325 degrees F (165 degrees C).
- Beat together sugar, flour, cocoa powder, butter or margarine, eggs and vanilla in a medium-size bowl. Spoon into pie shell.
- Bake for 25 to 30 minutes or until set. Allow to cool to room temperature.
- Serve with whipped topping or a scoop of vanilla ice cream.

Nutrition Facts



Properties

Glycemic Index:24.39, Glycemic Load:19.61, Inflammation Score:-3, Nutrition Score:2.9247825923173%

Flavonoids

Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg Epicatechin: 3.68mg, Epicatechin: 3.68mg, Epicatechin: 3.68mg, Epicatechin: 3.68mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 233.64kcal (11.68%), Fat: 12.93g (19.89%), Saturated Fat: 7.79g (48.71%), Carbohydrates: 29.12g (9.71%), Net Carbohydrates: 28.32g (10.3%), Sugar: 25.11g (27.9%), Cholesterol: 71.42mg (23.81%), Sodium: 107.61mg (4.68%), Alcohol: 0.17g (100%), Alcohol %: 0.39% (100%), Caffeine: 4.31mg (1.44%), Protein: 2.28g (4.56%), Vitamin A: 413.95IU (8.28%), Selenium: 5.26µg (7.52%), Manganese: 0.1mg (5.19%), Vitamin B2: 0.08mg (4.95%), Copper: 0.09mg (4.34%), Phosphorus: 43.2mg (4.32%), Iron: 0.65mg (3.61%), Folate: 13.34µg (3.34%), Fiber: 0.8g (3.2%), Vitamin E: 0.45mg (2.99%), Magnesium: 11.88mg (2.97%), Vitamin B1: 0.04mg (2.49%), Zinc: 0.31mg (2.09%), Vitamin B5: 0.21mg (2.06%), Vitamin B12: 0.12µg (2.03%), Potassium: 52.5mg (1.5%), Vitamin D: 0.22µg (1.47%), Vitamin B3: 0.29mg (1.44%), Calcium: 12.86mg (1.29%), Vitamin B6: 0.02mg (1.16%), Vitamin K: 1.08µg (1.03%)