



Fudge Pie

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



629 kcal

DESSERT

Ingredients

- ☐ 0.8 cup butter
- ☐ 3 ounce baker's chocolate unsweetened
- ☐ 3 large eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 0.8 cup pecans divided toasted chopped
- ☐ 1.5 cups sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 8 servings whipped cream

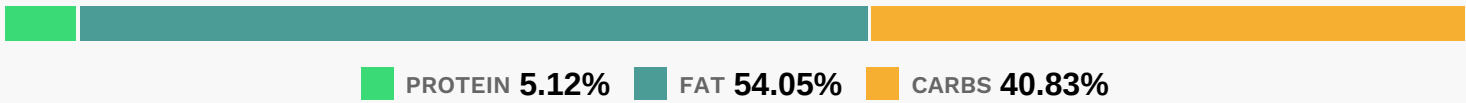
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Cook butter and chocolate in a small saucepan over low heat, stirring often until melted.
- ☐ Beat eggs at medium speed with an electric mixer 5 minutes. Gradually add sugar, beating until blended. Gradually add chocolate mixture, flour, and vanilla, beating until blended. Stir in 1/2 cup pecans.
- ☐ Pour mixture into a lightly greased 9-inch pieplate.
- ☐ Bake at 350 for 35 to 40 minutes or until center is firm. Cool. Top each serving with vanilla ice cream and chocolate syrup; sprinkle with remaining chopped pecans.

Nutrition Facts



Properties

Glycemic Index:27.01, Glycemic Load:41.91, Inflammation Score:-7, Nutrition Score:13.137826113597%

Flavonoids

Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg Delphinidin: 0.74mg, Delphinidin: 0.74mg, Delphinidin: 0.74mg, Delphinidin: 0.74mg Catechin: 7.58mg, Catechin: 7.58mg, Catechin: 7.58mg, Catechin: 7.58mg Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg Epicatechin: 15.16mg, Epicatechin: 15.16mg, Epicatechin: 15.16mg, Epicatechin: 15.16mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg

Nutrients (% of daily need)

Calories: 628.79kcal (31.44%), Fat: 39.33g (60.51%), Saturated Fat: 12.71g (79.45%), Carbohydrates: 66.85g (22.28%), Net Carbohydrates: 63.33g (23.03%), Sugar: 52.08g (57.87%), Cholesterol: 98.79mg (32.93%), Sodium: 283.31mg (12.32%), Alcohol: 0.17g (100%), Alcohol %: 0.12% (100%), Caffeine: 8.5mg (2.83%), Protein: 8.38g (16.77%), Manganese: 1mg (49.8%), Copper: 0.51mg (25.74%), Vitamin A: 1146.06IU (22.92%), Vitamin B2: 0.34mg (20.08%), Phosphorus: 194.84mg (19.48%), Selenium: 12.39µg (17.7%), Iron: 3.06mg (16.99%), Magnesium: 61.89mg (15.47%),

Zinc: 2.27mg (15.14%), Vitamin B1: 0.21mg (14.12%), Fiber: 3.52g (14.1%), Calcium: 121.44mg (12.14%), Folate: 39µg (9.75%), Potassium: 310.32mg (8.87%), Vitamin B5: 0.85mg (8.46%), Vitamin E: 1.25mg (8.31%), Vitamin B12: 0.45µg (7.43%), Vitamin B3: 1.05mg (5.27%), Vitamin B6: 0.1mg (4.75%), Vitamin D: 0.51µg (3.38%), Vitamin K: 1.68µg (1.6%)