



WHATSheATE



Fudgy Brownie Pie with Caramel Sauce

READY IN



125 min.

SERVINGS



16

CALORIES



600 kcal

DESSERT

Ingredients

- ☐ 1 cup butter
- ☐ 14 oz individually wrapped caramels
- ☐ 1 cup bittersweet chocolate (from 11.5-)
- ☐ 4 eggs slightly beaten
- ☐ 1.5 cups flour all-purpose gold medal®
- ☐ 0.7 cup half and half
- ☐ 1 cup pecans chopped
- ☐ 1 box pie crust dough refrigerated softened pillsbury®
- ☐ 0.3 teaspoon salt

- ☐ 2 cups sugar
- ☐ 0.8 cup cocoa powder unsweetened
- ☐ 2 teaspoons vanilla

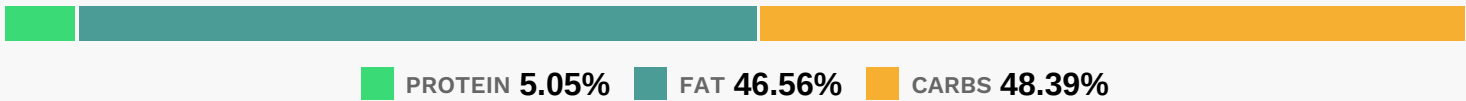
Equipment

- ☐ sauce pan
- ☐ oven

Directions

- ☐ Heat oven to 350°F.
- ☐ Place pie crust in 9-inch glass pie plate as directed on box for One-Crust Filled Pie.
- ☐ In 2-quart saucepan, melt butter over low heat; remove from heat. Stir in sugar, vanilla and eggs until well blended. Stir in flour, cocoa and salt until smooth. Stir in chocolate chunks and pecans.
- ☐ Spread evenly in pie crust.
- ☐ Bake 45 to 50 minutes or until set. Cool 1 hour.
- ☐ Meanwhile, in 2-quart saucepan, heat caramels and half-and-half over low heat, stirring constantly, until caramels are melted and mixture is smooth.
- ☐ Serve hot caramel sauce over each serving.

Nutrition Facts



Properties

Glycemic Index:13.76, Glycemic Load:36.37, Inflammation Score:-6, Nutrition Score:11.196956608606%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 3.11mg, Catechin: 3.11mg, Catechin: 3.11mg, Catechin: 3.11mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 7.97mg, Epicatechin: 7.97mg, Epicatechin: 7.97mg, Epicatechin: 7.97mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg

Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 599.9kcal (29.99%), Fat: 32g (49.22%), Saturated Fat: 9.25g (57.82%), Carbohydrates: 74.82g (24.94%),
Net Carbohydrates: 70.85g (25.77%), Sugar: 46.1g (51.23%), Cholesterol: 46.84mg (15.61%), Sodium: 357.39mg
(15.54%), Alcohol: 0.17g (100%), Alcohol %: 0.15% (100%), Caffeine: 18.68mg (6.23%), Protein: 7.81g (15.61%),
Manganese: 0.8mg (40.24%), Copper: 0.42mg (21.1%), Phosphorus: 170.48mg (17.05%), Vitamin B1: 0.25mg
(16.45%), Selenium: 11.45µg (16.35%), Iron: 2.86mg (15.91%), Fiber: 3.96g (15.85%), Vitamin B2: 0.27mg (15.77%),
Magnesium: 60.97mg (15.24%), Vitamin A: 622.53IU (12.45%), Folate: 48.34µg (12.09%), Zinc: 1.36mg (9.07%),
Vitamin B3: 1.69mg (8.44%), Potassium: 276.79mg (7.91%), Calcium: 78.98mg (7.9%), Vitamin E: 0.98mg (6.54%),
Vitamin B5: 0.62mg (6.18%), Vitamin B6: 0.08mg (3.97%), Vitamin B12: 0.23µg (3.76%), Vitamin K: 3.6µg (3.43%),
Vitamin D: 0.22µg (1.47%)