



## German Chocolate Pie

READY IN



310 min.

SERVINGS



10

CALORIES



603 kcal

DESSERT

### Ingredients

- 14.1 oz pie crust dough refrigerated softened (2 Count)
- 4 oz baker's chocolate sweet chopped
- 0.3 cup butter
- 12 oz evaporated milk canned
- 1.5 cups sugar
- 2 tablespoons cornstarch
- 0.1 teaspoon salt
- 4 egg yolk
- 0.5 teaspoon vanilla

- 0.3 teaspoon almond extract
- 1 cup coconut flakes flaked
- 1 cup pecans chopped

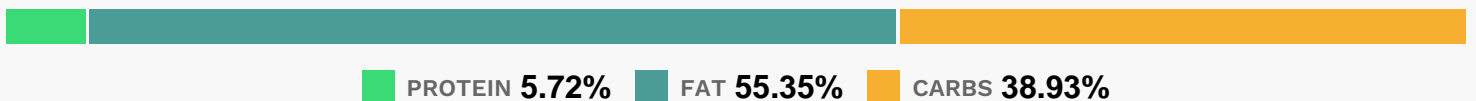
## Equipment

- bowl
- sauce pan
- oven
- whisk
- wire rack

## Directions

- Heat oven to 375°F.
- Place pie crust in 9-inch glass pie plate as directed on box for One-Crust Filled Pie. In 1-quart saucepan, heat chocolate and butter over medium-low heat until melted and mixture can be stirred smooth.
- Remove from heat; gradually stir in milk.
- In medium bowl, mix sugar, cornstarch and salt. In small bowl, mix egg yolks, vanilla and almond extract. Gradually add chocolate mixture to egg mixture, stirring with wire whisk.
- Add chocolate-egg yolk mixture to cornstarch mixture, stirring with whisk.
- Pour filling into crust-lined plate.
- In small bowl, mix coconut and pecans; sprinkle over filling.
- Bake 45 to 50 minutes or until puffed and almost set. Cool completely on cooling rack, about 4 hours.

## Nutrition Facts



## Properties

Glycemic Index:8.01, Glycemic Load:20.99, Inflammation Score:-6, Nutrition Score:14.087825801062%

## Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Catechin: 8.08mg, Catechin: 8.08mg, Catechin: 8.08mg, Catechin: 8.08mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 16.17mg, Epicatechin: 16.17mg, Epicatechin: 16.17mg, Epicatechin: 16.17mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg

## Nutrients (% of daily need)

Calories: 603.28kcal (30.16%), Fat: 38.83g (59.74%), Saturated Fat: 15.66g (97.9%), Carbohydrates: 61.45g (20.48%), Net Carbohydrates: 56.12g (20.41%), Sugar: 34.59g (38.44%), Cholesterol: 87.63mg (29.21%), Sodium: 291.93mg (12.69%), Alcohol: 0.1g (100%), Alcohol %: 0.09% (100%), Caffeine: 9.07mg (3.02%), Protein: 9.03g (18.05%), Manganese: 1.38mg (69.09%), Copper: 0.61mg (30.46%), Phosphorus: 220.51mg (22.05%), Iron: 3.85mg (21.42%), Fiber: 5.33g (21.31%), Magnesium: 72.7mg (18.17%), Zinc: 2.37mg (15.79%), Vitamin B1: 0.23mg (15.53%), Vitamin B2: 0.26mg (15.03%), Selenium: 10.22µg (14.6%), Calcium: 129.05mg (12.91%), Folate: 47.61µg (11.9%), Potassium: 338.15mg (9.66%), Vitamin A: 394.63IU (7.89%), Vitamin B5: 0.78mg (7.8%), Vitamin B3: 1.48mg (7.41%), Vitamin B6: 0.11mg (5.71%), Vitamin E: 0.84mg (5.57%), Vitamin K: 4.68µg (4.46%), Vitamin B12: 0.2µg (3.34%), Vitamin D: 0.42µg (2.82%), Vitamin C: 0.91mg (1.1%)