



## German Chocolate Pie

READY IN



310 min.

SERVINGS



10

CALORIES



498 kcal

DESSERT

### Ingredients

- 0.3 teaspoon almond extract
- 4 oz baker's chocolate sweet chopped
- 0.3 cup butter
- 1 cup coconut flakes flaked
- 2 tablespoons cornstarch
- 4 egg yolk
- 12 oz evaporated milk canned
- 1 cup pecans chopped
- 1 pie crust dough refrigerated softened

- 0.1 teaspoon salt
- 1.5 cups sugar
- 0.5 teaspoon vanilla

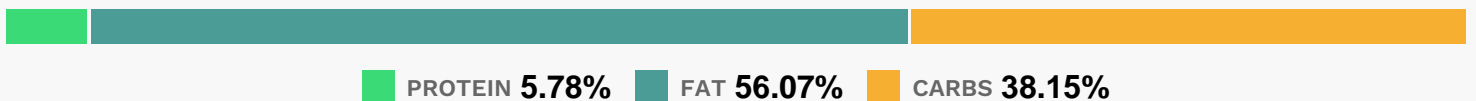
## Equipment

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

## Directions

- Heat oven to 375F.
- 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:-5, Nutrition Score:12.5599998754%

## 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: 498.29kcal (24.91%), Fat: 32.84g (50.53%), Saturated Fat: 13.79g (86.19%), Carbohydrates: 50.28g (16.76%), Net Carbohydrates: 45.52g (16.55%), Sugar: 34.59g (38.44%), Cholesterol: 87.63mg (29.21%), Sodium: 197.97mg (8.61%), Alcohol: 0.1g (100%), Alcohol %: 0.1% (100%), Caffeine: 9.07mg (3.02%), Protein: 7.61g (15.22%), Manganese: 1.28mg (64.02%), Copper: 0.59mg (29.6%), Phosphorus: 203.97mg (20.4%), Fiber: 4.75g (19.01%), Iron: 3.26mg (18.1%), Magnesium: 69.25mg (17.31%), Zinc: 2.27mg (15.1%), Vitamin B2: 0.22mg (12.74%), Selenium: 8.91µg (12.73%), Calcium: 124.69mg (12.47%), Vitamin B1: 0.17mg (11.31%), Potassium: 315.86mg (9.02%), Vitamin A: 394.4IU (7.89%), Folate: 31.53µg (7.88%), Vitamin B5: 0.69mg (6.87%), Vitamin B6: 0.1mg (5.14%), Vitamin E: 0.73mg (4.86%), Vitamin B3: 0.86mg (4.31%), Vitamin B12: 0.2µg (3.34%), Vitamin K: 3µg (2.86%), Vitamin D: 0.42µg (2.82%), Vitamin C: 0.91mg (1.1%)