



German Chocolate Pie

READY IN



45 min.

SERVINGS



8

CALORIES



490 kcal

DESSERT

Ingredients

- ☐ 4 ounce baking chocolate sweet
- ☐ 0.3 cup butter
- ☐ 3 tablespoons milk chocolate shavings
- ☐ 0.7 cup coconut or flaked
- ☐ 3 tablespoons cornstarch
- ☐ 2 large eggs
- ☐ 12 ounce evaporated milk canned
- ☐ 8 servings basic pastry for a 10-inch pie
- ☐ 0.3 cup pecans chopped

- ☐ 0.1 teaspoon salt
- ☐ 1.5 cups sugar
- ☐ 1 cup whipped cream sweetened
- ☐ 1 teaspoon vanilla extract

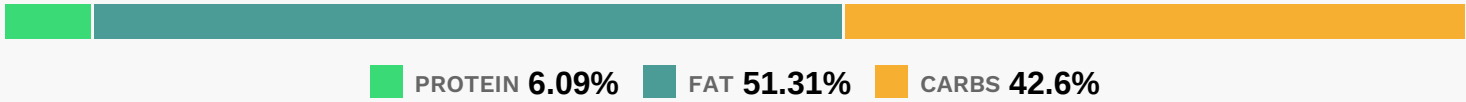
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Prepare Pastry; place in a 9 1/2-inch deep-dish pieplate. Set aside.
- ☐ Combine baking chocolate and butter in a medium saucepan; cook over low heat, stirring until chocolate melts.
- ☐ Remove from heat, and gradually stir in evaporated milk; set aside.
- ☐ Combine sugar, cornstarch, and salt in a large bowl; add eggs and vanilla, mixing well. Gradually stir in chocolate mixture, using a wire whisk.
- ☐ Pour mixture into unbaked pastry shell, and sprinkle with coconut and chopped pecans.
- ☐ Bake at 375 for 45 minutes. (Pie may appear soft, but will become firm after cooling.) Cool at least 4 hours. Top pie with whipped cream and chocolate shavings.

Nutrition Facts



Properties

Glycemic Index:23.89, Glycemic Load:26.96, Inflammation Score:-6, Nutrition Score:12.192173905995%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 9.45mg, Catechin: 9.45mg, Catechin: 9.45mg,

Catechin: 9.45mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg,
Epigallocatechin: 0.26mg Epicatechin: 20.14mg, Epicatechin: 20.14mg, Epicatechin: 20.14mg, Epicatechin: 20.14mg
Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg,
Epigallocatechin 3–gallate: 0.1mg

Nutrients (% of daily need)

Calories: 489.57kcal (24.48%), Fat: 29.66g (45.64%), Saturated Fat: 14.8g (92.52%), Carbohydrates: 55.41g
(18.47%), Net Carbohydrates: 50.98g (18.54%), Sugar: 45.28g (50.31%), Cholesterol: 64.86mg (21.62%), Sodium:
176.41mg (7.67%), Alcohol: 0.17g (100%), Alcohol %: 0.15% (100%), Caffeine: 16.11mg (5.37%), Protein: 7.93g (15.86%),
Manganese: 1.08mg (53.91%), Copper: 0.66mg (33.03%), Phosphorus: 218.69mg (21.87%), Magnesium: 81.04mg
(20.26%), Iron: 3.53mg (19.61%), Fiber: 4.43g (17.72%), Zinc: 2.39mg (15.92%), Calcium: 151.08mg (15.11%), Vitamin
B2: 0.24mg (14.08%), Selenium: 8.57µg (12.24%), Potassium: 368.47mg (10.53%), Vitamin A: 479.58IU (9.59%),
Vitamin B5: 0.63mg (6.28%), Vitamin B1: 0.09mg (5.96%), Vitamin E: 0.66mg (4.38%), Vitamin B6: 0.08mg (4.15%),
Folate: 15.96µg (3.99%), Vitamin B12: 0.22µg (3.64%), Vitamin K: 2.55µg (2.43%), Vitamin B3: 0.48mg (2.38%),
Vitamin D: 0.32µg (2.15%), Vitamin C: 0.98mg (1.19%)