



Ghost-Topped Fudge Pie

READY IN



45 min.

SERVINGS



8

CALORIES



1345 kcal

DESSERT

Ingredients

- ☐ 0.3 cup baking cocoa
- ☐ 0.5 cup butter cooled melted
- ☐ 2 eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 cup broken pecan pieces
- ☐ 9 inch pie crust
- ☐ 0.3 cup semi-sweet chocolate chips
- ☐ 1 cup sugar
- ☐ 2 teaspoons vanilla extract

☐ 8 servings garnish: whipped cream mini

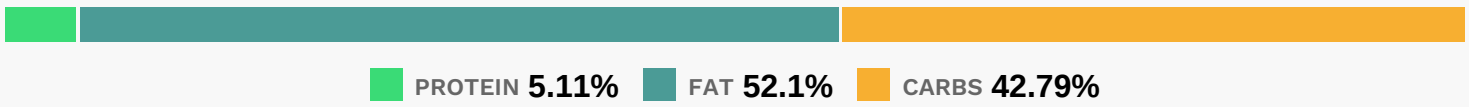
Equipment

☐ oven

Directions

- ☐ Beat eggs slightly; stir in melted butter.
- ☐ Add remaining ingredients except crust; pour into unbaked crust.
- ☐ Bake at 350 degrees for about 25 minutes, until firm. Cool before slicing. Top with whipped cream.
- ☐ Add mini chocolate chips for eyes to resemble ghost.

Nutrition Facts



Properties

Glycemic Index:25.64, Glycemic Load:19.63, Inflammation Score:-7, Nutrition Score:20.467391379825%

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: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 5.32mg, Epicatechin: 5.32mg, Epicatechin: 5.32mg, Epicatechin: 5.32mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 1345.01kcal (67.25%), Fat: 78.07g (120.11%), Saturated Fat: 28.3g (176.84%), Carbohydrates: 144.29g (48.1%), Net Carbohydrates: 136.51g (49.64%), Sugar: 28.74g (31.94%), Cholesterol: 72.02mg (24.01%), Sodium: 1029.51mg (44.76%), Alcohol: 0.34g (100%), Alcohol %: 0.15% (100%), Caffeine: 12.63mg (4.21%), Protein: 17.22g (34.44%), Manganese: 1.43mg (71.72%), Vitamin B1: 0.69mg (45.94%), Folate: 172.1µg (43.03%), Iron: 7.22mg (40.08%), Vitamin B3: 6.5mg (32.49%), Fiber: 7.79g (31.15%), Vitamin B2: 0.48mg (28.16%), Selenium: 19µg (27.15%), Phosphorus: 243.27mg (24.33%), Copper: 0.43mg (21.74%), Vitamin K: 18.23µg (17.36%), Magnesium: 68.44mg (17.11%), Zinc: 1.79mg (11.9%), Vitamin B5: 1.18mg (11.81%), Vitamin E: 1.59mg (10.62%), Potassium: 344.99mg (9.86%), Vitamin A: 424.73IU (8.49%), Vitamin B6: 0.15mg (7.44%), Calcium: 65.69mg (6.57%), Vitamin B12: 0.14µg (2.26%), Vitamin D: 0.22µg (1.47%)