



Luby's German Chocolate Pie

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



339 kcal

DESSERT

Ingredients

- ☐ 1.5 tablespoons butter melted
- ☐ 0.8 cup coconut or flaked
- ☐ 2 tablespoons cornstarch
- ☐ 2 eggs
- ☐ 12 fluid ounce evaporated milk canned
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.3 cup pecans chopped
- ☐ 2 teaspoons cocoa powder unsweetened

- ☐ 1 teaspoon vanilla extract
- ☐ 2 tablespoons water
- ☐ 1.5 cups sugar white

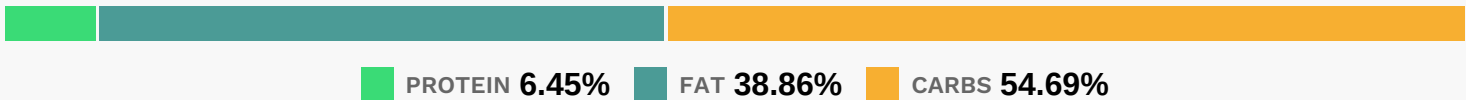
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ In a large bowl combine the sugar, flour, cornstarch and cocoa.
- ☐ Add water and melted butter whisk until combined.
- ☐ Add the eggs one at a time, beating well after each one.
- ☐ Add the milk and beat until well blended. Stir in the coconut, pecans and vanilla.
- ☐ Pour batter into the pie shell.
- ☐ Bake at 375 degrees F (190 degrees C) for 45 minutes or until firm.

Nutrition Facts



Properties

Glycemic Index:25.64, Glycemic Load:27.23, Inflammation Score:-2, Nutrition Score:6.2939130534296%

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: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 339.24kcal (16.96%), Fat: 15.11g (23.25%), Saturated Fat: 8.59g (53.71%), Carbohydrates: 47.86g (15.95%), Net Carbohydrates: 45.97g (16.72%), Sugar: 42.76g (47.51%), Cholesterol: 59.43mg (19.81%), Sodium: 83.34mg (3.62%), Alcohol: 0.17g (100%), Alcohol %: 0.19% (100%), Protein: 5.64g (11.28%), Manganese: 0.45mg (22.75%), Phosphorus: 145.6mg (14.56%), Vitamin B2: 0.22mg (13.1%), Calcium: 128.99mg (12.9%), Selenium: 7.02µg (10.03%), Fiber: 1.9g (7.58%), Copper: 0.15mg (7.49%), Magnesium: 26.5mg (6.63%), Potassium: 219.45mg (6.27%), Zinc: 0.89mg (5.92%), Vitamin B5: 0.57mg (5.66%), Vitamin B1: 0.08mg (5.01%), Vitamin A: 233.55IU (4.67%), Iron: 0.81mg (4.48%), Vitamin B6: 0.08mg (3.78%), Folate: 14.02µg (3.51%), Vitamin B12: 0.17µg (2.89%), Vitamin E: 0.35mg (2.32%), Vitamin D: 0.26µg (1.76%), Vitamin B3: 0.31mg (1.57%), Vitamin C: 1.01mg (1.23%)