



Mexican Chocolate Pecan Pie

 Vegetarian

READY IN



300 min.

SERVINGS



8

CALORIES



582 kcal

DESSERT

Ingredients

- ☐ 1.3 cups flour all-purpose
- ☐ 2 teaspoons sugar
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup butter diced cold
- ☐ 1 large eggs slightly beaten
- ☐ 3.3 oz crema mexicana chopped
- ☐ 2 tablespoons butter
- ☐ 0.5 cup plus light

- ☐ 1 cup corn syrup dark
- ☐ 3 large eggs slightly beaten
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons rum / brandy / coffee liqueur
- ☐ 1.5 cups pecans

Equipment

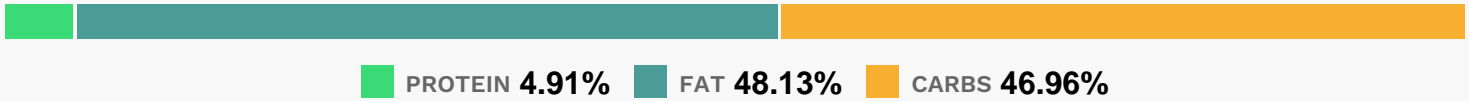
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ microwave

Directions

- ☐ For Pie Crust: In food processor, place 1 1/4 cups flour, the sugar and 1/8 teaspoon salt; cover and process until combined.
- ☐ Add the butter; process until it looks like yellow cornmeal mixed with bean-sized bits of butter, about 10 pulses.
- ☐ Add the egg, and pulse 1 to 2 times; don't let the dough form into a ball in the machine. (If the dough is very dry, add up to a tablespoon more of cold water.)
- ☐ Remove the bowl from the machine, remove the blade, and bring the dough together by hand.
- ☐ Place dough on work surface; form dough into thick disk. Wrap tightly in plastic, and refrigerate until firm, at least 1 hour.
- ☐ On lightly floured work surface, roll dough into 12-inch circle about 1/8 inch thick. Grease 9-inch pie plate. Gently fit dough in bottom and up side of pie plate. Trim overhang to 1 inch; fold overhang under itself. Pinch between thumb and forefinger to make a uniform edge around the rim. Crimp edge; refrigerate until chilled, about 1 hour.
- ☐ For Pie Filling: Move oven rack to lowest position.
- ☐ Heat oven to 350°F.

- ☐ In small microwavable bowl, microwave chocolate and butter uncovered on High 1 to 2 minutes, stirring occasionally, until melted and smooth. Set aside.
- ☐ In medium bowl, stir together corn syrups, 3 eggs and 1/2 teaspoon salt.
- ☐ Gradually add melted chocolate and coffee-flavored liquor to filling mixture.
- ☐ Pour filling into prepared crust; arrange pecans in even layer over filling.
- ☐ Place pie plate on cookie sheet with sides.
- ☐ Bake 50 to 60 minutes, rotating halfway through bake time, just until set (filling should jiggle slightly when pie plate is tapped). Cool completely on cooling rack, at least 4 hours, before serving.

Nutrition Facts



Properties

Glycemic Index:45.51, Glycemic Load:44.44, Inflammation Score:-5, Nutrition Score:10.698260913724%

Flavonoids

Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg Delphinidin: 1.35mg, Delphinidin: 1.35mg, Delphinidin: 1.35mg, Delphinidin: 1.35mg Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg

Nutrients (% of daily need)

Calories: 581.68kcal (29.08%), Fat: 32.16g (49.48%), Saturated Fat: 11.06g (69.09%), Carbohydrates: 70.6g (23.53%), Net Carbohydrates: 68.29g (24.83%), Sugar: 53.45g (59.39%), Cholesterol: 137.23mg (45.74%), Sodium: 459.19mg (19.96%), Alcohol: 0.81g (100%), Alcohol %: 0.64% (100%), Protein: 7.39g (14.78%), Manganese: 1.02mg (50.93%), Selenium: 16.57µg (23.67%), Vitamin B1: 0.3mg (20.27%), Copper: 0.29mg (14.58%), Vitamin B2: 0.24mg (14.41%), Phosphorus: 130.95mg (13.09%), Folate: 52.11µg (13.03%), Vitamin A: 640.03IU (12.8%), Iron: 1.98mg (10.98%), Zinc: 1.43mg (9.52%), Fiber: 2.31g (9.24%), Magnesium: 33.74mg (8.43%), Vitamin B3: 1.4mg (7.03%), Vitamin B5: 0.66mg (6.58%), Calcium: 63.44mg (6.34%), Vitamin E: 0.94mg (6.3%), Vitamin B6: 0.09mg (4.72%), Potassium: 154.78mg (4.42%), Vitamin B12: 0.25µg (4.21%), Vitamin D: 0.5µg (3.33%), Vitamin K: 2.02µg (1.93%)