



Milk Chocolate Pecan Pie

READY IN



45 min.

SERVINGS



10

CALORIES



1164 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 1 cup plus light
- ☐ 3 eggs
- ☐ 0.5 cup milk chocolate chips
- ☐ 1 cup pecans chopped
- ☐ 9 inch pie shell
- ☐ 0.7 cup sugar white

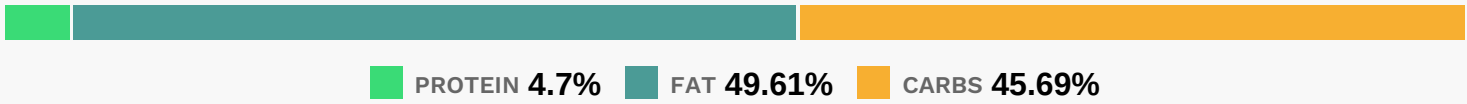
Equipment

- ☐ oven
- ☐ knife
- ☐ mixing bowl
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In medium mixing bowl beat eggs lightly with a rotary beater or fork. Stir in corn syrup, sugar, and butter; mix well. Stir in pecan and chocolate pieces.
- ☐ To prevent overbrowning, cover edges of pie shell with aluminum foil.
- ☐ Place pie shell on oven rack and pour filling into it.
- ☐ Bake in preheated oven for 25 minutes.
- ☐ Remove foil from crust edges and bake an additional 25 minutes, or until a knife inserted in center comes out clean. Chill before serving. May be served with whipped cream or vanilla ice cream.

Nutrition Facts



Properties

Glycemic Index:14.91, Glycemic Load:14.33, Inflammation Score:-5, Nutrition Score:16.283043349567%

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: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg 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: 1163.88kcal (58.19%), Fat: 64.85g (99.77%), Saturated Fat: 21.27g (132.94%), Carbohydrates: 134.39g (44.8%), Net Carbohydrates: 128.84g (46.85%), Sugar: 45.12g (50.14%), Cholesterol: 65.37mg (21.79%), Sodium: 824.87mg (35.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.81g (27.63%), Manganese: 1.29mg

(64.52%), Vitamin B1: 0.59mg (39.51%), Folate: 134.83µg (33.71%), Iron: 5.2mg (28.86%), Vitamin B3: 5mg (25%), Vitamin B2: 0.39mg (22.68%), Fiber: 5.55g (22.19%), Selenium: 15.12µg (21.6%), Phosphorus: 187.74mg (18.77%), Copper: 0.28mg (13.81%), Vitamin K: 14.09µg (13.42%), Zinc: 1.63mg (10.88%), Magnesium: 42.27mg (10.57%), Vitamin B5: 1.03mg (10.34%), Vitamin E: 1.29mg (8.63%), Potassium: 265.64mg (7.59%), Vitamin B6: 0.14mg (6.78%), Calcium: 62.03mg (6.2%), Vitamin A: 268.27IU (5.37%), Vitamin B12: 0.13µg (2.17%), Vitamin D: 0.26µg (1.76%)