

Mocha Walnut Pie

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



361 kcal

Ingredients

- 0.3 cup butter
- 2 eggs beaten
- 1 tablespoon coffee powder instant
- 14 ounce condensed milk sweetened canned
- 2 ounce chocolate unsweetened
- 1 teaspoon vanilla extract
- 1 cup walnuts

Equipment

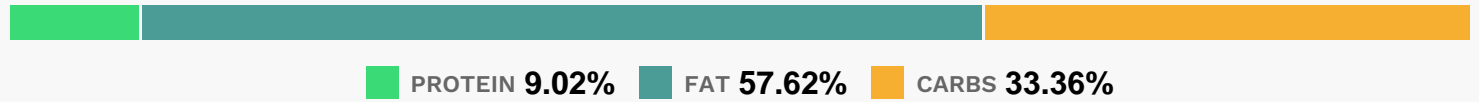
- sauce pan

oven

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In medium saucepan, melt chocolate and butter or margarine over low heat. Dissolve coffee in 1/4 cup hot water, then stir it into saucepan with sweetened condensed milk, eggs, and vanilla.
- Mix well.
- Pour filling into pastry shell. Top with walnuts.
- Bake for 40 to 45 minutes, or until center is set. Cool.

Nutrition Facts



Properties

Glycemic Index:16.38, Glycemic Load:16.67, Inflammation Score:-5, Nutrition Score:10.757391416508%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Catechin: 4.56mg, Catechin: 4.56mg, Catechin: 4.56mg, Catechin: 4.56mg Epicatechin: 10.05mg, Epicatechin: 10.05mg, Epicatechin: 10.05mg, Epicatechin: 10.05mg

Nutrients (% of daily need)

Calories: 360.65kcal (18.03%), Fat: 24.36g (37.48%), Saturated Fat: 9.9g (61.91%), Carbohydrates: 31.73g (10.58%), Net Carbohydrates: 29.57g (10.75%), Sugar: 27.54g (30.6%), Cholesterol: 73.04mg (24.35%), Sodium: 126.51mg (5.5%), Alcohol: 0.17g (100%), Alcohol %: 0.24% (100%), Caffeine: 25.29mg (8.43%), Protein: 8.58g (17.17%), Manganese: 0.81mg (40.63%), Copper: 0.48mg (23.91%), Phosphorus: 229.88mg (22.99%), Selenium: 12.16µg (17.37%), Calcium: 171.19mg (17.12%), Vitamin B2: 0.29mg (17%), Magnesium: 62.75mg (15.69%), Zinc: 1.75mg (11.68%), Iron: 1.98mg (10.97%), Potassium: 347.13mg (9.92%), Fiber: 2.16g (8.63%), Vitamin A: 372.06IU (7.44%), Vitamin B1: 0.11mg (7.32%), Folate: 27.16µg (6.79%), Vitamin B5: 0.64mg (6.45%), Vitamin B6: 0.13mg (6.25%), Vitamin B12: 0.33µg (5.47%), Vitamin E: 0.49mg (3.27%), Vitamin B3: 0.55mg (2.77%), Vitamin D: 0.32µg (2.13%), Vitamin K: 1.92µg (1.83%), Vitamin C: 1.48mg (1.79%)