



Mud Pie

READY IN



105 min.

SERVINGS



8

CALORIES



531 kcal

DESSERT

Ingredients

- 1 cup granulated sugar
- 0.5 cup butter melted
- 0.3 cup flour all-purpose
- 0.3 cup cocoa powder
- 1 teaspoon vanilla
- 0.3 teaspoon salt
- 2 eggs
- 1 cup nuts chopped
- 0.3 cup topping hot

- 1 cup whipping cream (heavy)
- 2 tablespoons powdered sugar
- 2 tablespoons topping hot
- 1 serving nuts

Equipment

- bowl
- frying pan
- oven
- hand mixer
- toothpicks

Directions

- Heat oven to 325°F. Grease bottom and side of round pan, 8x1 1/2 inches, or pie plate, 9x1 1/4 inches. Stir together granulated sugar, butter, flour, cocoa, vanilla, salt and eggs in medium bowl. Stir in nuts.
- Pour into pan.
- Bake 25 to 30 minutes or until edge appears dry and toothpick inserted halfway between center and edge comes out clean (center will be moist). Immediately prick holes in pie with toothpick.
- Spread 1/4 cup fudge sauce over top. Cool completely, about 1 hour.
- Beat whipping cream and powdered sugar in chilled medium bowl with electric mixer on high speed until stiff.
- Spread over fudge sauce.
- Drizzle with 2 to 3 tablespoons fudge sauce.
- Garnish with additional nuts. Cover and refrigerate any remaining pie.

Nutrition Facts



PROTEIN 5.8% **FAT 59.08%** **CARBS 35.12%**

Properties

Glycemic Index:25.55, Glycemic Load:21.38, Inflammation Score:-7, Nutrition Score:10.284782627354%

Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 530.56kcal (26.53%), Fat: 36.29g (55.83%), Saturated Fat: 11.92g (74.51%), Carbohydrates: 48.54g (16.18%), Net Carbohydrates: 44.71g (16.26%), Sugar: 32.91g (36.57%), Cholesterol: 74.68mg (24.89%), Sodium: 283.22mg (12.31%), Alcohol: 0.17g (100%), Alcohol %: 0.17% (100%), Caffeine: 9.24mg (3.08%), Protein: 8.02g (16.03%), Manganese: 0.65mg (32.65%), Copper: 0.48mg (24.23%), Vitamin A: 1007.76IU (20.16%), Magnesium: 78.69mg (19.67%), Phosphorus: 182.69mg (18.27%), Fiber: 3.82g (15.29%), Vitamin B2: 0.21mg (12.23%), Iron: 1.97mg (10.93%), Selenium: 7.04µg (10.05%), Zinc: 1.44mg (9.61%), Vitamin E: 1.21mg (8.07%), Potassium: 281.05mg (8.03%), Vitamin B3: 1.48mg (7.38%), Folate: 28.62µg (7.16%), Vitamin B1: 0.1mg (6.92%), Calcium: 58mg (5.8%), Vitamin B5: 0.57mg (5.68%), Vitamin B6: 0.1mg (5.21%), Vitamin D: 0.7µg (4.64%), Vitamin B12: 0.17µg (2.8%), Vitamin K: 1.45µg (1.38%)