



## Nancy's Chocolate Fudge Pie

READY IN



45 min.

SERVINGS



8

CALORIES



1229 kcal

DESSERT

### Ingredients

- ☐ 0.5 tablespoon butter extract flavored
- ☐ 2 egg yolks
- ☐ 6 tablespoons flour all-purpose
- ☐ 1 tablespoon butter
- ☐ 2 cups milk
- ☐ 9 inch pie shell
- ☐ 1 pinch salt
- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract

☐ 1 cup sugar white

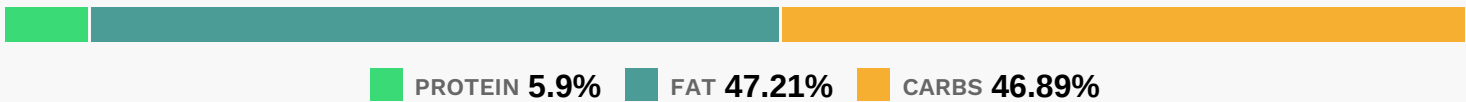
## Equipment

☐ sauce pan

## Directions

- ☐ Mix in a medium saucepan and cook until thick the white sugar, cocoa, milk, flour, dash, salt, egg yolks, and butter flavoring.
- ☐ Add in the vanilla and margarine and remove from heat.
- ☐ Let cool.
- ☐ Put into baked pie crust and top with your favorite meringue recipe. Cool in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:29.14, Glycemic Load:21.64, Inflammation Score:-6, Nutrition Score:20.96956518422%

## Flavonoids

Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

## Nutrients (% of daily need)

Calories: 1228.62kcal (61.43%), Fat: 64.79g (99.68%), Saturated Fat: 21.11g (131.92%), Carbohydrates: 144.79g (48.26%), Net Carbohydrates: 137.02g (49.83%), Sugar: 28.08g (31.2%), Cholesterol: 57.8mg (19.27%), Sodium: 974.1mg (42.35%), Alcohol: 0.17g (100%), Alcohol %: 0.07% (100%), Caffeine: 12.36mg (4.12%), Protein: 18.23g (36.47%), Manganese: 1.25mg (62.31%), Vitamin B1: 0.71mg (47.3%), Folate: 176.13µg (44.03%), Iron: 6.99mg (38.86%), Vitamin B3: 6.59mg (32.96%), Vitamin B2: 0.54mg (31.61%), Fiber: 7.77g (31.06%), Phosphorus: 287.33mg (28.73%), Selenium: 19.34µg (27.63%), Copper: 0.39mg (19.34%), Magnesium: 69.48mg (17.37%), Vitamin K: 16.85µg (16.05%), Calcium: 132.35mg (13.24%), Vitamin B5: 1.31mg (13.14%), Zinc: 1.78mg (11.84%), Potassium: 404.56mg (11.56%), Vitamin B6: 0.17mg (8.73%), Vitamin E: 1.26mg (8.43%), Vitamin B12: 0.42µg (7.01%), Vitamin D: 0.91µg (6.09%), Vitamin A: 250.42IU (5.01%)