



New and Improved Earl's Chocolate Pie

READY IN



30 min.

SERVINGS



8

CALORIES



580 kcal

DESSERT

Ingredients

- 8 servings mrs richardson's butterscotch caramel sauce homemade store bought
- 8 servings chocolate syrup
- 3 large egg yolk
- 1 cup evaporated milk
- 3 tablespoons flour
- 0.8 cup granulated sugar
- 1.5 cups cup heavy whipping cream
- 0.5 cup pecans toasted chopped
- 0.3 cup powdered sugar

- 1 pinch salt
- 1 tablespoon butter unsalted room temperature
- 3 tablespoons cocoa powder unsweetened well (Rodelle Dutch works)
- 1 teaspoon vanilla extract (Sonoma Crush)
- 1 cup water

Equipment

- bowl
- sauce pan
- oven
- whisk
- wax paper
- pastry bag

Directions

- Bake a 9 inch pie crust using your favorite homemade recipe or refrigerated or frozen dough. In a large saucepan (I use a 3 quart All-Clad metal), whisk sugar, cocoa powder, flour, salt, egg yolks, evaporated milk and water together.
- Put the saucepan over medium heat and stir for about five minutes or until mixture thickens and big bubbles start to form on the surface. From the time the mixture starts bubbling and boiling, continue stirring for an additional 1/2 minutes.
- Remove from heat and pour into a glass bowl. Quickly whisk in the butter, then whisk in the vanilla. Put a piece of buttered parchment or wax paper over the top and let cool at room temperature for about an hour. Note: At this point you may think the filling seems to thin, but it will set when you chill it.
- Pour the slightly cooled filling into the baked pie shell and chill for several hours or until very cold. When the pie is chilled, beat the cream until peaks start to form, beat in the sugar and vanilla until peaks are stiff, then put cream in a pastry bag or heavy duty zipper bag with the end snipped off and pipe it over the top.
- Sprinkle the toasted and chopped nuts, then drizzle with caramel syrup and chocolate syrup.

Nutrition Facts



PROTEIN 4.7% FAT 40.98% CARBS 54.32%

Properties

Glycemic Index:19.39, Glycemic Load:14.67, Inflammation Score:-6, Nutrition Score:9.9908695428268%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 1.71mg, Catechin: 1.71mg, Catechin: 1.71mg, Catechin: 1.71mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 3.74mg, Epicatechin: 3.74mg, Epicatechin: 3.74mg, Epicatechin: 3.74mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 579.99kcal (29%), Fat: 27.3g (42%), Saturated Fat: 14g (87.51%), Carbohydrates: 81.41g (27.14%), Net Carbohydrates: 78.94g (28.71%), Sugar: 71.14g (79.04%), Cholesterol: 132.17mg (44.06%), Sodium: 221mg (9.61%), Alcohol: 0.17g (100%), Alcohol %: 0.09% (100%), Caffeine: 6.71mg (2.24%), Protein: 7.05g (14.1%), Manganese: 0.58mg (28.93%), Phosphorus: 218.01mg (21.8%), Copper: 0.38mg (19.18%), Vitamin A: 906.75IU (18.13%), Vitamin B2: 0.27mg (15.88%), Calcium: 154.28mg (15.43%), Magnesium: 57.61mg (14.4%), Selenium: 8.35µg (11.93%), Fiber: 2.46g (9.85%), Iron: 1.7mg (9.44%), Potassium: 321.86mg (9.2%), Zinc: 1.25mg (8.34%), Vitamin D: 1.12µg (7.44%), Vitamin B1: 0.11mg (7.15%), Vitamin B5: 0.65mg (6.52%), Folate: 22.51µg (5.63%), Vitamin B12: 0.32µg (5.35%), Vitamin E: 0.79mg (5.29%), Vitamin B6: 0.07mg (3.7%), Vitamin B3: 0.51mg (2.55%), Vitamin K: 2.28µg (2.17%), Vitamin C: 1.22mg (1.48%)