



Old-Fashioned Chocolate Pie

READY IN



29 min.

SERVINGS



8

CALORIES



489 kcal

DESSERT

Ingredients

- 0.5 cup butter
- 3 tablespoons cocoa
- 0.1 teaspoon cream of tartar
- 2 egg whites
- 2 egg yolks lightly beaten
- 2 tablespoons flour all-purpose
- 1 cup milk
- 0.3 cup pecans chopped
- 10 ounce piecrusts frozen

- 0.3 teaspoon salt
- 0.3 cup semisweet chocolate morsels
- 1.3 cups sugar divided
- 1 teaspoon vanilla extract

Equipment

- bowl
- sauce pan
- oven
- whisk
- wire rack
- hand mixer

Directions

- Bake piecrust according to package directions. Cool on a wire rack.
- Beat egg whites and cream of tartar at high speed with an electric mixer until foamy.
- Add 1/4 cup sugar, 1 tablespoon at a time, beating until stiff peaks form and sugar dissolves. Set aside.
- Whisk remaining 1 cup sugar and next 3 ingredients in a small bowl.
- Whisk together egg yolks and milk in a separate bowl.
- Melt butter in a 2-quart heavy saucepan over medium heat.
- Add sugar mixture to melted butter, whisking until blended. Gradually whisk in milk mixture. Cook, whisking constantly, until mixture is thickened and bubbly.
- Remove from heat.
- Add chocolate morsels and vanilla, stirring until chocolate is melted. Stir in pecans. Cover and keep warm.
- Pour hot filling into piecrust.
- Spread meringue over hot filling, sealing to edge of pastry.
- Bake at 375 for 12 minutes or until golden. Cool completely on a wire rack. Store in refrigerator.

*For testing purposes only, we used Pillsbury Pet-Ritz frozen piecrust.

Tip: To avoid flattening out the meringue when you spread it on the filling, spoon meringue onto filling in large dollops; carefully connect the dollops with a light swirling motion.

Nutrition Facts

PROTEIN 4.85% **FAT 50.28%** **CARBS 44.87%**

Properties

Glycemic Index:30.39, Glycemic Load:23.41, Inflammation Score:-4, Nutrition Score:7.7082608181821%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 1.46mg, Catechin: 1.46mg, Catechin: 1.46mg, Catechin: 1.46mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 3.71mg, Epicatechin: 3.71mg, Epicatechin: 3.71mg, Epicatechin: 3.71mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 489.44kcal (24.47%), Fat: 27.91g (42.94%), Saturated Fat: 12.78g (79.9%), Carbohydrates: 56.03g (18.68%), Net Carbohydrates: 53.63g (19.5%), Sugar: 35.04g (38.94%), Cholesterol: 83.1mg (27.7%), Sodium: 336.41mg (14.63%), Alcohol: 0.17g (100%), Alcohol %: 0.16% (100%), Caffeine: 9.15mg (3.05%), Protein: 6.05g (12.11%), Manganese: 0.48mg (23.82%), Selenium: 8.45µg (12.08%), Phosphorus: 118.28mg (11.83%), Vitamin B2: 0.19mg (11.25%), Copper: 0.22mg (10.98%), Vitamin B1: 0.16mg (10.93%), Iron: 1.86mg (10.34%), Fiber: 2.41g (9.63%), Vitamin A: 473.92IU (9.48%), Folate: 36.88µg (9.22%), Magnesium: 34.16mg (8.54%), Calcium: 62.95mg (6.3%), Vitamin B3: 1.24mg (6.22%), Zinc: 0.85mg (5.68%), Potassium: 186.14mg (5.32%), Vitamin B12: 0.29µg (4.89%), Vitamin B5: 0.48mg (4.81%), Vitamin E: 0.71mg (4.72%), Vitamin K: 4.28µg (4.08%), Vitamin D: 0.58µg (3.86%), Vitamin B6: 0.07mg (3.26%)