

Old-Fashioned Chocolate Pie

READY IN



80 min.

SERVINGS



8

CALORIES



395 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.3 cup butter cubed
- 1 eggs
- 1 cup flour all-purpose
- 0.5 cup milk
- 2 tablespoons nuts chopped
- 1 pie crust dough (9 inches)
- 0.5 teaspoon salt
- 0.3 cup shortening

- 0.8 cup sugar
- 1.5 ounces baker's chocolate unsweetened
- 1.5 teaspoons vanilla extract
- 0.5 cup water

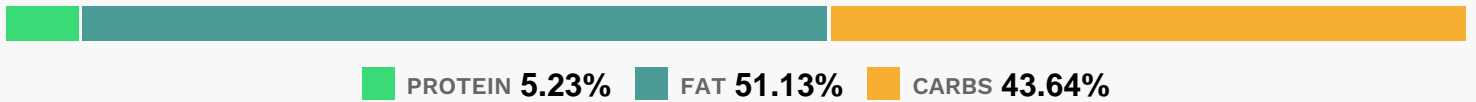
Equipment

- bowl
- sauce pan
- oven
- toothpicks
- aluminum foil

Directions

- In a small saucepan, bring the water, chocolate and butter to a boil; boil for 1 minute.
- Remove from the heat; stir in sugar and vanilla until smooth. Set aside.
- In a large bowl, cream shortening and sugar until light and fluffy. Beat in egg.
- Combine the flour, baking powder and salt; add to creamed mixture alternately with milk, beating well after each addition.
- Pour into pastry shell. Carefully pour reserved chocolate mixture over filling.
- Sprinkle with nuts if desired. Cover edges of pastry with foil.
- Bake at 350° for 55–60 minutes or until a toothpick inserted near the center comes out clean.

Nutrition Facts



Properties

Glycemic Index:44.34, Glycemic Load:22.24, Inflammation Score:-4, Nutrition Score:7.710869608123%

Flavonoids

Catechin: 3.42mg, Catechin: 3.42mg, Catechin: 3.42mg, Catechin: 3.42mg Epicatechin: 7.54mg, Epicatechin: 7.54mg, Epicatechin: 7.54mg, Epicatechin: 7.54mg

Nutrients (% of daily need)

Calories: 394.59kcal (19.73%), Fat: 22.99g (35.37%), Saturated Fat: 9.35g (58.46%), Carbohydrates: 44.14g (14.71%), Net Carbohydrates: 42.08g (15.3%), Sugar: 19.66g (21.84%), Cholesterol: 37.54mg (12.51%), Sodium: 347.61mg (15.11%), Alcohol: 0.26g (100%), Alcohol %: 0.29% (100%), Caffeine: 4.25mg (1.42%), Protein: 5.3g (10.59%), Manganese: 0.48mg (23.77%), Vitamin B1: 0.21mg (13.76%), Iron: 2.46mg (13.69%), Selenium: 9.1µg (13%), Copper: 0.25mg (12.54%), Folate: 49µg (12.25%), Vitamin B2: 0.18mg (10.38%), Phosphorus: 103.31mg (10.33%), Vitamin B3: 1.71mg (8.56%), Fiber: 2.06g (8.25%), Magnesium: 32.64mg (8.16%), Calcium: 67.29mg (6.73%), Zinc: 0.96mg (6.38%), Vitamin K: 6.08µg (5.79%), Vitamin E: 0.75mg (5.01%), Vitamin A: 232.27IU (4.65%), Vitamin B5: 0.39mg (3.86%), Potassium: 130.16mg (3.72%), Vitamin B12: 0.14µg (2.39%), Vitamin B6: 0.05mg (2.27%), Vitamin D: 0.28µg (1.85%)