



Pecan And Chocolate Espresso Pie

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



395 kcal

DESSERT

Ingredients

- 1 cup plus light
- 4 eggs
- 1.3 cups flour all-purpose
- 5 tablespoons ice water
- 1 tablespoon espresso powder instant
- 0.8 cup brown sugar light
- 1.3 cups pecan halves
- 1 pinch salt

- 0.3 cup butter unsalted softened
- 0.3 cup cocoa powder unsweetened
- 1 teaspoon vanilla extract

Equipment

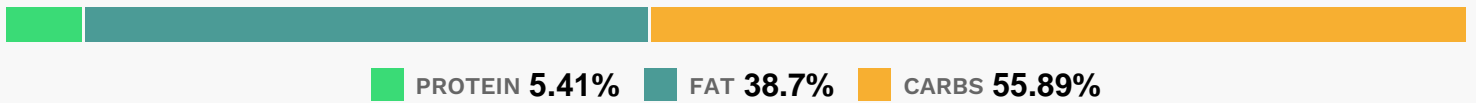
- bowl
- oven
- knife
- blender
- plastic wrap
- toothpicks
- aluminum foil
- rolling pin

Directions

- To Make Crust: In a medium bowl, combine flour and salt and mix well. With two knives or a pastry blender, cut in butter until mixture is in fine crumbs. Gradually add just enough ice water so that the pastry holds together. Form into a ball, then flatten into a disk. Handle as little as possible. Wrap tightly in plastic wrap and chill for at least 1 to 2 hours.
- Roll out crust on lightly floured surface with lightly floured rolling pin. Turn crust over frequently and lightly re-flour work surface and rolling pin as necessary. Crust should be rolled into a circle about 13 inches in diameter. Fit crust into an ungreased 9 inch pie plate of heatproof glass; form a high-standing rim, trimming excess from edges and pinching or fluting rim decoratively as desired.
- Preheat oven to 400 degrees F (205 C). Thoroughly prick crust all over with fork. Chill for at least 10 minutes while oven heats.
- Bake in preheated oven 5 minutes (crust will not brown).
- Remove to rack and cool completely before filling.
- Leave oven at 400 degrees F (205 C). Break up pecan pieces and sprinkle them evenly on the bottom of the cooled pie shell.
- To Make Filling: In a small bowl beat eggs to combine.

- Add espresso powder and beat to mix.
- Let stand at least 10 minutes, beating occasionally to dissolve espresso.
- In a medium bowl cream softened butter, sugar, and vanilla until light and fluffy. Beat in cocoa and salt.
- Add egg/espresso mixture 1/3 at a time, beating after each addition, until smooth. Stir in corn syrup. This mixture will be like custard and it will be thick.
- Pour mixture slowly over pecans in pie shell. If any pecans do not get completely covered by the filling, submerge them until they do.
- Let stand 2 to 3 minutes; with toothpick or tip of sharp knife, pierce any remaining air bubbles (during this standing period, pecans may rise to top of pie).
- Bake in preheated oven for 10 minutes. Reduce heat from 400 degrees F (205 C) to 350 degrees F (175 C) and bake 33 to 37 minutes longer (or until edges are cracked and risen but pie center still quivers slightly when pie is shaken gently). Do not over-bake! If pie begins to brown excessively, cover top lightly with foil.
- Remove from oven; cool on rack before serving.

Nutrition Facts



Properties

Glycemic Index:10.4, Glycemic Load:13.66, Inflammation Score:-4, Nutrition Score:8.6186956037646%

Flavonoids

Cyanidin: 1.42mg, Cyanidin: 1.42mg, Cyanidin: 1.42mg, Cyanidin: 1.42mg Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg Catechin: 2.35mg, Catechin: 2.35mg, Catechin: 2.35mg, Catechin: 2.35mg Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg Epicatechin: 4.33mg, Epicatechin: 4.33mg, Epicatechin: 4.33mg, Epicatechin: 4.33mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 394.53kcal (19.73%), Fat: 17.83g (27.44%), Saturated Fat: 5.45g (34.08%), Carbohydrates: 57.94g (19.31%), Net Carbohydrates: 55.45g (20.16%), Sugar: 42.92g (47.69%), Cholesterol: 81.74mg (27.25%), Sodium: 56.82mg (2.47%), Alcohol: 0.14g (100%), Alcohol %: 0.15% (100%), Caffeine: 20.65mg (6.88%), Protein: 5.61g (11.22%), Manganese: 0.81mg (40.42%), Selenium: 12.08µg (17.26%), Vitamin B1: 0.24mg (15.94%), Copper: 0.29mg (14.31%),

Phosphorus: 108.08mg (10.81%), Vitamin B2: 0.18mg (10.78%), Folate: 40.85µg (10.21%), Iron: 1.81mg (10.04%), Fiber: 2.48g (9.94%), Magnesium: 35.99mg (9%), Zinc: 1.25mg (8.3%), Vitamin B3: 1.3mg (6.51%), Vitamin A: 291.52IU (5.83%), Vitamin B5: 0.49mg (4.88%), Potassium: 170.2mg (4.86%), Calcium: 45.11mg (4.51%), Vitamin B6: 0.07mg (3.71%), Vitamin E: 0.56mg (3.71%), Vitamin D: 0.47µg (3.1%), Vitamin B12: 0.17µg (2.83%), Vitamin K: 1.15µg (1.1%)