



Pecan, Caramel and Fudge Pie

READY IN



45 min.

SERVINGS



8

CALORIES



685 kcal

DESSERT

Ingredients

- ☐ 7 ounces chocolate wafer crumbs
- ☐ 6 tablespoons plus light
- ☐ 0.8 cup brown sugar packed ()
- ☐ 10 ounces pecans
- ☐ 0.8 cup butter unsalted
- ☐ 2 ounces baker's chocolate unsweetened chopped
- ☐ 0.5 teaspoon vanilla extract
- ☐ 3 tablespoons whipping cream

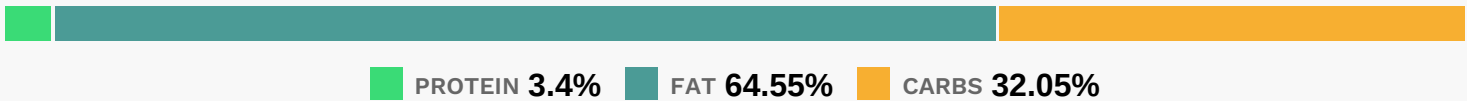
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ pie form

Directions

- ☐ Blend all ingredients in processor. Press crumb mixture onto bottom and up sides of 9-inch-diameter glass pie dish. Cover crust and freeze while preparing filling. (Can be made 1 week ahead. Keep frozen.)
- ☐ Preheat oven to 350°F.
- ☐ Combine butter, brown sugar and corn syrup in heavy medium saucepan. Bring to boil, stirring often. Boil 1 minute. Stir in nuts and cream. Boil until mixture thickens slightly, about 3 minutes.
- ☐ Remove from heat.
- ☐ Add chocolate. Stir until chocolate melts and mixture is well blended.
- ☐ Pour hot filling into crust. Using spoon, evenly distribute nuts.
- ☐ Bake until filling bubbles all over, about 10 minutes.
- ☐ Transfer pie to rack and cool

Nutrition Facts



Properties

Glycemic Index:9.81, Glycemic Load:11.07, Inflammation Score:-6, Nutrition Score:14.561304377473%

Flavonoids

Cyanidin: 3.81mg, Cyanidin: 3.81mg, Cyanidin: 3.81mg, Cyanidin: 3.81mg Delphinidin: 2.58mg, Delphinidin: 2.58mg, Delphinidin: 2.58mg, Delphinidin: 2.58mg Catechin: 7.12mg, Catechin: 7.12mg, Catechin: 7.12mg, Catechin: 7.12mg Epigallocatechin: 2mg, Epigallocatechin: 2mg, Epigallocatechin: 2mg, Epigallocatechin: 2mg Epicatechin: 10.34mg, Epicatechin: 10.34mg, Epicatechin: 10.34mg Epigallocatechin 3-gallate: 0.81mg, Epigallocatechin 3-gallate: 0.81mg, Epigallocatechin 3-gallate: 0.81mg, Epigallocatechin 3-gallate: 0.81mg

Nutrients (% of daily need)

Calories: 685.29kcal (34.26%), Fat: 52.07g (80.11%), Saturated Fat: 17.76g (111%), Carbohydrates: 58.18g (19.39%), Net Carbohydrates: 52.76g (19.19%), Sugar: 43.64g (48.48%), Cholesterol: 52.61mg (17.54%), Sodium: 165.46mg (7.19%), Alcohol: 0.09g (100%), Alcohol %: 0.08% (100%), Caffeine: 8.15mg (2.72%), Protein: 6.17g (12.33%), Manganese: 2.08mg (103.87%), Copper: 0.78mg (39.16%), Fiber: 5.42g (21.69%), Magnesium: 82.07mg (20.52%), Vitamin B1: 0.31mg (20.44%), Iron: 3.28mg (18.23%), Zinc: 2.67mg (17.8%), Phosphorus: 168.46mg (16.85%), Vitamin A: 637.33IU (12.75%), Potassium: 294.63mg (8.42%), Vitamin E: 1.25mg (8.32%), Vitamin B2: 0.14mg (8.07%), Calcium: 67.77mg (6.78%), Vitamin B3: 1.26mg (6.28%), Selenium: 4.08µg (5.83%), Folate: 22.51µg (5.63%), Vitamin B6: 0.1mg (5.01%), Vitamin B5: 0.48mg (4.77%), Vitamin K: 4.19µg (3.99%), Vitamin D: 0.41µg (2.73%), Vitamin B12: 0.07µg (1.13%)