



Pecan Chocolate Chip Pie

READY IN



45 min.

SERVINGS



10

CALORIES



393 kcal

DESSERT

Ingredients

- 0.3 cup butter melted
- 0.8 cup plus light
- 3 eggs
- 2.5 cups flour all-purpose
- 5 tablespoons ice water
- 0.5 cup pecans chopped
- 0.1 teaspoon salt
- 0.5 cup semi chocolate chips
- 0.8 cup sugar white

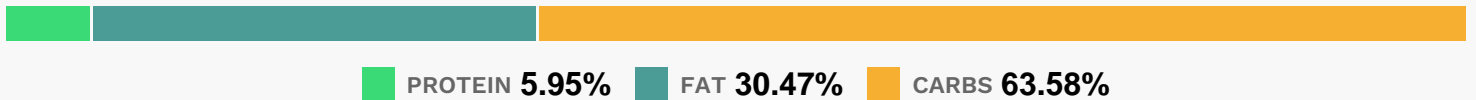
Equipment

- bowl
- oven

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- To Make Crust: In a medium bowl combine flour and salt. Stir well, then cut in butter until mixture is the size of small peas.
- Add ice water and mix just until dough forms a ball.
- Allow dough to rest in refrigerator for 20 minutes, then roll out and fit into a 9-inch pie plate. Set aside.
- To Make Filling: In a medium bowl mix eggs and sugar.
- Add corn syrup and melted butter or margarine.
- Mix until all ingredients are thoroughly combined.
- Spread chocolate chips and pecan pieces across bottom of pie shell.
- Pour egg mixture over chocolate chip and pecan layer.
- Bake in preheated oven for 35 minutes.
- Serve warm or cool with a dollop of whipped cream and a sprinkling of chocolate chips if desired.

Nutrition Facts



Properties

Glycemic Index:22.41, Glycemic Load:31.48, Inflammation Score:-4, Nutrition Score:8.5000000754776%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg

Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg

Nutrients (% of daily need)

Calories: 393.21kcal (19.66%), Fat: 13.64g (20.98%), Saturated Fat: 5.7g (35.61%), Carbohydrates: 64g (21.33%), Net Carbohydrates: 61.92g (22.51%), Sugar: 38.27g (42.52%), Cholesterol: 61.85mg (20.62%), Sodium: 102.21mg (4.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 7.74mg (2.58%), Protein: 5.99g (11.98%), Manganese: 0.58mg (29.1%), Selenium: 15.94µg (22.76%), Vitamin B1: 0.3mg (20.32%), Folate: 64.76µg (16.19%), Vitamin B2: 0.23mg (13.59%), Iron: 2.4mg (13.31%), Copper: 0.23mg (11.72%), Vitamin B3: 2mg (9.98%), Phosphorus: 99.74mg (9.97%), Fiber: 2.09g (8.35%), Magnesium: 31.34mg (7.83%), Zinc: 0.99mg (6.63%), Vitamin A: 220.65IU (4.41%), Vitamin B5: 0.42mg (4.2%), Potassium: 126.95mg (3.63%), Vitamin E: 0.42mg (2.79%), Calcium: 26.55mg (2.66%), Vitamin B6: 0.05mg (2.54%), Vitamin B12: 0.14µg (2.39%), Vitamin D: 0.26µg (1.76%), Vitamin K: 1.37µg (1.3%)