



Pecan Crusted Chocolate Truffle Pie

 Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



417 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon brandy
- ☐ 4 egg yolks
- ☐ 0.3 cup heavy cream
- ☐ 2 cups pecans chopped
- ☐ 0.3 cup semi chocolate chips
- ☐ 0.5 cup butter unsalted at room temperature
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.3 cup sugar white

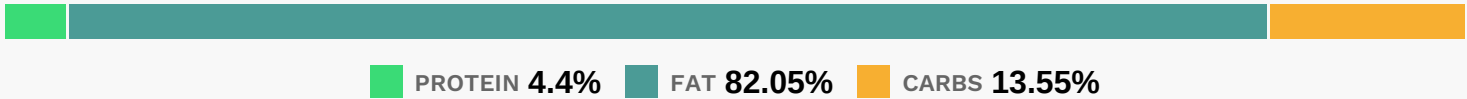
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer

Directions

- ☐ Preheat the oven to 375 degrees F (190 degrees C).
- ☐ In a medium bowl, mix together the pecans, 1/3 cup sugar, 1/4 cup butter and miniature chocolate chips. Press into the bottom and up the sides of a 9 inch pie plate.
- ☐ Bake for 8 to 10 minutes in the preheated oven. Cool completely.
- ☐ In a metal bowl set over a pan of simmering water, combine 1 1/3 cups chocolate chips and 1/2 cup butter. Stir occasionally until melted and smooth.
- ☐ Remove from the heat and stir in the vanilla.
- ☐ In a separate bowl, beat egg yolks with 1/4 cup sugar until thick and pale using an electric mixer, at least 3 minutes. Stir into the melted chocolate and set it back over the pan of simmering water.
- ☐ Whisk constantly until thick, 3 to 4 minutes.
- ☐ Pour into the cooled crust and smooth the top.
- ☐ Heat the heavy cream in a small saucepan. When warm, stir in the remaining chocolate chips until melted.
- ☐ Remove from the heat and stir in the brandy.
- ☐ Pour over the truffle filling. Refrigerate for several hours to set before serving.

Nutrition Facts



Properties

Glycemic Index:11.89, Glycemic Load:4.48, Inflammation Score:-5, Nutrition Score:10.164347841688%

Flavonoids

Cyanidin: 2.93mg, Cyanidin: 2.93mg, Cyanidin: 2.93mg, Cyanidin: 2.93mg Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg

Nutrients (% of daily need)

Calories: 416.83kcal (20.84%), Fat: 39.09g (60.14%), Saturated Fat: 13.19g (82.46%), Carbohydrates: 14.52g (4.84%), Net Carbohydrates: 11.3g (4.11%), Sugar: 10.38g (11.53%), Cholesterol: 136.56mg (45.52%), Sodium: 8.74mg (0.38%), Alcohol: 0.71g (100%), Alcohol %: 1.22% (100%), Caffeine: 6.45mg (2.15%), Protein: 4.72g (9.44%), Manganese: 1.33mg (66.62%), Copper: 0.43mg (21.58%), Phosphorus: 137.89mg (13.79%), Vitamin B1: 0.2mg (13.36%), Fiber: 3.22g (12.86%), Vitamin A: 612.67IU (12.25%), Magnesium: 47.46mg (11.86%), Zinc: 1.67mg (11.15%), Selenium: 7.11µg (10.15%), Iron: 1.42mg (7.91%), Vitamin E: 1.06mg (7.04%), Vitamin B2: 0.11mg (6.29%), Vitamin B5: 0.56mg (5.61%), Vitamin D: 0.82µg (5.45%), Potassium: 175.06mg (5%), Folate: 19.86µg (4.96%), Vitamin B6: 0.09mg (4.72%), Calcium: 43.74mg (4.37%), Vitamin B12: 0.22µg (3.75%), Vitamin K: 2.79µg (2.66%), Vitamin B3: 0.4mg (1.98%)