



Salted-Chocolate Pecan Pie

READY IN



70 min.

SERVINGS



10

CALORIES



394 kcal

DESSERT

Ingredients

- 2 Tbsp butter melted
- 0.5 tsp sea salt
- 1 cup plus light
- 3 eggs
- 2 tsp flour divided
- 1 cup planters pecan halves
- 1 ready-to-use pie crust refrigerated
- 2 oz baker's semi-sweet chocolate coarsely chopped
- 1 cup sugar

1 tsp vanilla

Equipment

oven

whisk

Directions

Heat oven to 400F.

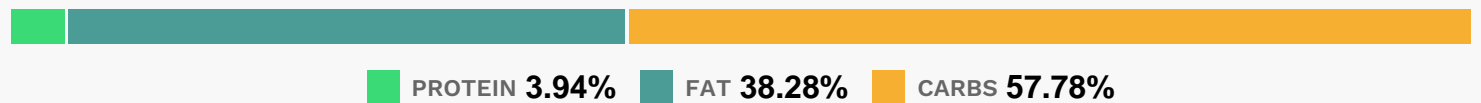
Unroll pie crust; sprinkle with half the flour. Turn; sprinkle with remaining flour. Press firmly onto bottom and up side of 9-inch pie plate; flute edge.

Whisk next 5 ingredients until blended. Stir in nuts; pour into crust.

Sprinkle with chocolate.

Bake 15 min. Reduce oven temperature to 350F. Continue baking 30 to 35 min. or until top is puffed and lightly browned. Cool completely, sprinkling with salt after 15 min.

Nutrition Facts



Properties

Glycemic Index:22.41, Glycemic Load:19.2, Inflammation Score:-2, Nutrition Score:5.8895652242329%

Flavonoids

Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg

Nutrients (% of daily need)

Calories: 394.34kcal (19.72%), Fat: 17.43g (26.81%), Saturated Fat: 5.12g (32.01%), Carbohydrates: 59.18g (19.73%), Net Carbohydrates: 57.34g (20.85%), Sugar: 48.73g (54.14%), Cholesterol: 55.55mg (18.52%), Sodium: 244.76mg (10.64%), Alcohol: 0.14g (100%), Alcohol %: 0.18% (100%), Caffeine: 4.88mg (1.63%), Protein: 4.03g (8.06%), Manganese: 0.6mg (30.21%), Copper: 0.21mg (10.71%), Vitamin B1: 0.14mg (9.51%), Selenium: 6.4µg (9.14%), Phosphorus: 81.68mg (8.17%), Fiber: 1.84g (7.36%), Iron: 1.31mg (7.29%), Zinc: 1mg (6.69%), Magnesium: 26.63mg

(6.66%), Vitamin B2: 0.11mg (6.59%), Folate: 21.1µg (5.27%), Vitamin B5: 0.38mg (3.79%), Vitamin B3: 0.66mg (3.29%), Potassium: 109.94mg (3.14%), Vitamin E: 0.46mg (3.03%), Vitamin A: 150.8IU (3.02%), Vitamin B6: 0.05mg (2.7%), Calcium: 26.56mg (2.66%), Vitamin B12: 0.13µg (2.21%), Vitamin K: 2.24µg (2.13%), Vitamin D: 0.26µg (1.76%)