



Sea Salt-Pistachio Fudge Pie

READY IN



55 min.

SERVINGS



8

CALORIES



422 kcal

DESSERT

Ingredients

- ☐ 8 servings sea salt
- ☐ 2 eggs
- ☐ 0.5 cup granulated sugar
- ☐ 0.5 cup brown sugar light packed (not)
- ☐ 1 cup pistachios
- ☐ 1 pie crust dough refrigerated softened
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 cup butter unsalted melted
- ☐ 0.3 cup cocoa powder unsweetened

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0.3 teaspoon vanilla pure

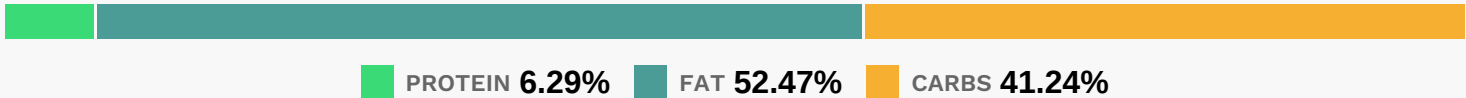
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack

Directions

- ☐ Heat oven to 350F.
- ☐ Place pie crust in 9-inch glass pie plate as directed on box for One-Crust Filled Pie.
- ☐ In large bowl, stir together nuts, granulated sugar, brown sugar, cocoa and flour.
- ☐ Add eggs; stir to combine.
- ☐ Add melted butter and vanilla; stir to combine.
- ☐ Pour into crust-lined plate.
- ☐ Bake 35 minutes or until center is set and crust is golden brown. Immediately sprinkle with sea salt. To serve pie warm, cool on cooling rack about 10 minutes, or serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:20.39, Glycemic Load:11.36, Inflammation Score:-5, Nutrition Score:8.5143477502077%

Flavonoids

Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg Catechin: 2.29mg, Catechin: 2.29mg, Catechin: 2.29mg, Catechin: 2.29mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 5.41mg, Epicatechin: 5.41mg, Epicatechin: 5.41mg, Epicatechin: 5.41mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 422.06kcal (21.1%), Fat: 25.52g (39.26%), Saturated Fat: 10.44g (65.27%), Carbohydrates: 45.14g (15.05%), Net Carbohydrates: 41.93g (15.25%), Sugar: 27.11g (30.13%), Cholesterol: 71.42mg (23.81%), Sodium: 302.67mg (13.16%), Alcohol: 0.04g (100%), Alcohol %: 0.06% (100%), Caffeine: 6.18mg (2.06%), Protein: 6.88g (13.76%), Manganese: 0.42mg (21.1%), Copper: 0.34mg (17.05%), Vitamin B1: 0.23mg (15.34%), Vitamin B6: 0.3mg (15.08%), Phosphorus: 140.32mg (14.03%), Fiber: 3.21g (12.86%), Iron: 2.01mg (11.17%), Selenium: 7.76µg (11.08%), Magnesium: 38.92mg (9.73%), Vitamin A: 477.96IU (9.56%), Folate: 36.46µg (9.11%), Vitamin B2: 0.14mg (8.48%), Potassium: 260.58mg (7.45%), Vitamin E: 0.9mg (6.01%), Vitamin B3: 1.09mg (5.46%), Zinc: 0.8mg (5.37%), Calcium: 45.44mg (4.54%), Vitamin B5: 0.39mg (3.92%), Vitamin D: 0.43µg (2.89%), Vitamin K: 2.66µg (2.53%), Vitamin B12: 0.12µg (2.03%), Vitamin C: 0.86mg (1.04%)