



WHATSheATE



Texas Pecan and Chocolate Pie

READY IN



45 min.

SERVINGS



8

CALORIES



481 kcal

DESSERT

Ingredients

- ☐ 1 cup flour
- ☐ 0.8 cup plus light
- ☐ 0.5 cup t brown sugar dark packed ()
- ☐ 3 large eggs
- ☐ 2 tablespoons water ()
- ☐ 1.5 cups pecans lightly toasted
- ☐ 0.3 teaspoon salt
- ☐ 4 ounces bittersweet chocolate unsweetened chopped (not)
- ☐ 1 tablespoon sugar

☐ 2 tablespoons butter unsalted ()

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pie form

Directions

- ☐ Combine first 4 ingredients in processor. Using on/off turns, process until mixture resembles coarse crumbs.
- ☐ Drizzle 2 tablespoons ice water over mixture. Process just until moist clumps form, adding more water by teaspoonfuls if mixture is dry. Gather dough into ball. Flatten into disk. Wrap dough in plastic and refrigerate 30 minutes. (Can be prepared 1 day ahead. Keep refrigerated.)
- ☐ Preheat oven to 325°F.
- ☐ Roll out dough on floured surface to 13-inch round.
- ☐ Transfer to 9-inch-diameter glass pie dish. Trim overhang to 1 inch; fold under and crimp decoratively. Set aside.
- ☐ Stir chocolate and butter in heavy small saucepan over low heat until melted. Cool slightly.
- ☐ Whisk brown sugar, eggs and salt in large bowl to blend.
- ☐ Whisk in corn syrup and chocolate mixture.
- ☐ Sprinkle pecans over unbaked crust.
- ☐ Pour filling over pecans.
- ☐ Bake until crust is golden and filling is puffed, about 55 minutes.
- ☐ Cool pie completely on rack.

Nutrition Facts



 **PROTEIN 5.42%**  **FAT 45.03%**  **CARBS 49.55%**

Properties

Glycemic Index:21.76, Glycemic Load:14.43, Inflammation Score:-4, Nutrition Score:11.331739095242%

Flavonoids

Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg Delphinidin: 1.49mg, Delphinidin: 1.49mg, Delphinidin: 1.49mg, Delphinidin: 1.49mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epigallocatechin 3–gallate: 0.47mg, Epigallocatechin 3–gallate: 0.47mg, Epigallocatechin 3–gallate: 0.47mg, Epigallocatechin 3–gallate: 0.47mg

Nutrients (% of daily need)

Calories: 480.57kcal (24.03%), Fat: 24.99g (38.44%), Saturated Fat: 6.79g (42.47%), Carbohydrates: 61.87g (20.62%), Net Carbohydrates: 58.35g (21.22%), Sugar: 45.52g (50.57%), Cholesterol: 78.13mg (26.04%), Sodium: 125.28mg (5.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 12.19mg (4.06%), Protein: 6.76g (13.53%), Manganese: 1.23mg (61.43%), Copper: 0.47mg (23.3%), Vitamin B1: 0.29mg (19.24%), Selenium: 13.45µg (19.22%), Phosphorus: 148.86mg (14.89%), Magnesium: 57.03mg (14.26%), Iron: 2.57mg (14.25%), Fiber: 3.52g (14.07%), Zinc: 1.8mg (12.01%), Vitamin B2: 0.2mg (11.64%), Folate: 42.15µg (10.54%), Vitamin B3: 1.31mg (6.56%), Potassium: 226.25mg (6.46%), Vitamin B5: 0.6mg (5.97%), Calcium: 52.52mg (5.25%), Vitamin B6: 0.09mg (4.61%), Vitamin E: 0.66mg (4.38%), Vitamin A: 207.25IU (4.14%), Vitamin B12: 0.2µg (3.31%), Vitamin D: 0.43µg (2.85%), Vitamin K: 2.08µg (1.98%)