



WHATSheATE



Topsy Chocolate Pecan Pie



Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



610 kcal

DESSERT

Ingredients



1 cup plus light



3 large eggs



1.5 cups pecans



1 pinch salt



1 cup semi chocolate chips



1 cup sugar



1 unbaked 9-inch pie shell chilled



1 teaspoon vanilla extract pure

☐ 2 tablespoons irish whiskey

Equipment

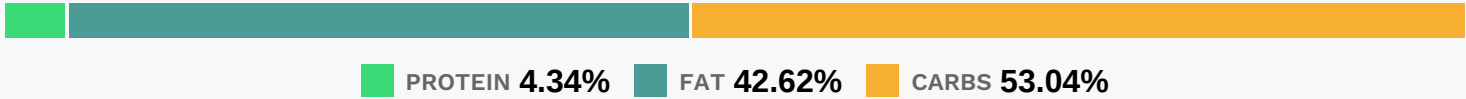
☐ oven

☐ whisk

Directions

- ☐ Preheat oven to 425F.
- ☐ Spread chocolate chips in pie shell; sprinkle pecans on top.
- ☐ Whisk together eggs, sugar, corn syrup, whiskey, vanilla and salt.
- ☐ Pour over nuts.
- ☐ Bake for 20 minutes, then reduce oven temperature to 350F and bake about 35 minutes more, until pie is set but slightly wobbly in center.
- ☐ Let cool completely before serving.

Nutrition Facts



Properties

Glycemic Index:14.26, Glycemic Load:23.75, Inflammation Score:-3, Nutrition Score:11.15956524144%

Flavonoids

Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg Delphinidin: 1.35mg, Delphinidin: 1.35mg, Delphinidin: 1.35mg, Delphinidin: 1.35mg Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg

Nutrients (% of daily need)

Calories: 610.16kcal (30.51%), Fat: 29.47g (45.34%), Saturated Fat: 8.42g (52.66%), Carbohydrates: 82.54g (27.51%), Net Carbohydrates: 78.43g (28.52%), Sugar: 66.82g (74.24%), Cholesterol: 71.1mg (23.7%), Sodium: 147.35mg (6.41%), Alcohol: 1.52g (100%), Alcohol %: 1.26% (100%), Caffeine: 19.35mg (6.45%), Protein: 6.75g (13.5%), Manganese: 1.24mg (61.75%), Copper: 0.54mg (26.78%), Magnesium: 67.98mg (17%), Fiber: 4.11g (16.45%),

Phosphorus: 162.49mg (16.25%), Iron: 2.79mg (15.48%), Vitamin B1: 0.22mg (14.74%), Selenium: 10.01µg (14.3%), Zinc: 1.97mg (13.11%), Vitamin B2: 0.16mg (9.54%), Potassium: 251.87mg (7.2%), Folate: 27.77µg (6.94%), Vitamin B5: 0.6mg (6.01%), Vitamin B3: 1mg (4.99%), Calcium: 47.33mg (4.73%), Vitamin E: 0.69mg (4.58%), Vitamin B6: 0.09mg (4.46%), Vitamin K: 3.88µg (3.69%), Vitamin B12: 0.21µg (3.46%), Vitamin D: 0.38µg (2.5%), Vitamin A: 123.11IU (2.46%)