



Tony's Chocolate Pecan Pie

READY IN



75 min.

SERVINGS



8

CALORIES



651 kcal

DESSERT

Ingredients

- 0.8 cup brown sugar
- 3 tablespoons butter melted
- 4 tablespoons confectioners' sugar
- 0.8 cup plus dark
- 3 eggs beaten
- 2 tablespoons flour
- 1 cup heavy cream
- 3 tablespoons bourbon liquor
- 0.5 cup milk chocolate morsels mini

- 1.5 cups pecan halves
- 1 unbaked pie shell
- 1 teaspoon vanilla extract

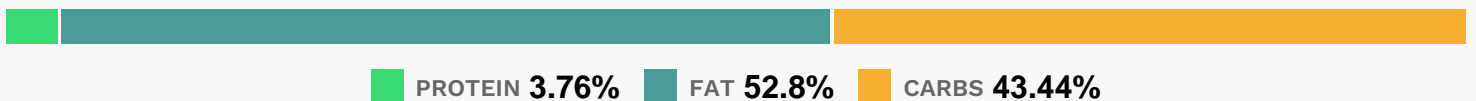
Equipment

- bowl
- sauce pan
- oven
- hand mixer

Directions

- Watch how to make this recipe.
- Preheat oven to 350 degrees F.
- Melt butter in a small saucepan. While butter is melting, add beaten eggs to a medium sized bowl. Stir in brown sugar, flour, vanilla extract, corn syrup and bourbon until combined.
- Add butter when just melted.
- Mix in the pecans and chocolate morsels.
- Mix all together.
- Pour mixture into pie shell.
- Place on a sheet tray and bake for 50 to 60 minutes.
- When ready to serve top with a dollop of Whipped Cream.
- Pour heavy cream into a bowl and whip with an electric mixer for a few minutes, until it becomes thick.
- Add confectioners' sugar and beat until soft peaks form, about 2 minutes. Fold in vanilla extract.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:23.44, Inflammation Score:-5, Nutrition Score:9.7039130446704%

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: 650.64kcal (32.53%), Fat: 38.7g (59.55%), Saturated Fat: 14.95g (93.44%), Carbohydrates: 71.64g (23.88%), Net Carbohydrates: 69.27g (25.19%), Sugar: 56.89g (63.21%), Cholesterol: 106.29mg (35.43%), Sodium: 207.68mg (9.03%), Alcohol: 2.05g (100%), Alcohol %: 1.55% (100%), Protein: 6.2g (12.4%), Manganese: 0.99mg (49.72%), Copper: 0.28mg (14.25%), Vitamin B1: 0.21mg (14.16%), Selenium: 9.76µg (13.94%), Vitamin A: 668.23IU (13.36%), Phosphorus: 124.52mg (12.45%), Vitamin B2: 0.21mg (12.18%), Fiber: 2.36g (9.46%), Iron: 1.7mg (9.44%), Magnesium: 34.7mg (8.68%), Zinc: 1.26mg (8.41%), Folate: 31.7µg (7.92%), Calcium: 78.45mg (7.85%), Potassium: 225.59mg (6.45%), Vitamin B5: 0.62mg (6.24%), Vitamin E: 0.93mg (6.18%), Vitamin D: 0.81µg (5.37%), Vitamin B6: 0.1mg (5.03%), Vitamin B3: 0.97mg (4.84%), Vitamin K: 3.58µg (3.41%), Vitamin B12: 0.2µg (3.39%)