



Ultimate Chocolate Caramel Pecan Pie

 Gluten Free

READY IN



195 min.

SERVINGS



15

CALORIES



388 kcal

DESSERT

Ingredients

- 0.3 cup butter melted
- 11 oz caramels kraft
- 0.3 cup granulated sugar
- 3 cups planters pecans divided chopped
- 0.3 cup powdered sugar
- 8 oz baker's semi-sweet chocolate
- 0.5 tsp vanilla
- 0.7 cup whipping cream divided

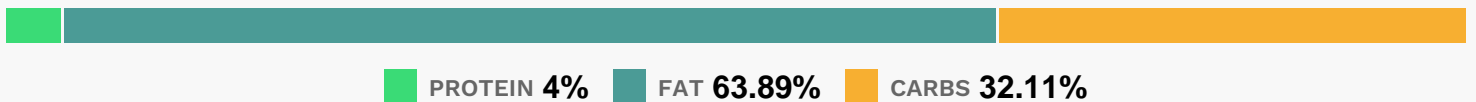
Equipment

- bowl
- sauce pan
- oven
- blender
- microwave

Directions

- Heat oven to 350F.
- Use pulsing action to blend 2 cups nuts in blender until finely ground.
- Mix with granulated sugar and butter; press onto bottom and up side of 9-inch pie plate.
- Bake 12 to 15 min. or until lightly browned. (If crust puffs up during baking, gently press down with back of spoon.) Cool completely.
- Microwave caramels and 1/3 cup whipping cream in microwaveable bowl on HIGH 2-1/2 to 3 min. or until caramels are completely melted and mixture is well blended, stirring after each minute.
- Pour into crust. Chop remaining nuts; sprinkle over caramel layer.
- Cook chocolate, remaining cream, powdered sugar and vanilla in saucepan on low heat just until chocolate is completely melted and mixture is well blended, stirring constantly.
- Pour over pie; spread to cover top of pie. Refrigerate 2 hours.

Nutrition Facts



Properties

Glycemic Index:9.67, Glycemic Load:12.82, Inflammation Score:-4, Nutrition Score:8.3913043193195%

Flavonoids

Cyanidin: 2.13mg, Cyanidin: 2.13mg, Cyanidin: 2.13mg, Cyanidin: 2.13mg Delphinidin: 1.44mg, Delphinidin: 1.44mg, Delphinidin: 1.44mg, Delphinidin: 1.44mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg

Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg

Nutrients (% of daily need)

Calories: 387.96kcal (19.4%), Fat: 28.61g (44.01%), Saturated Fat: 8.14g (50.84%), Carbohydrates: 32.35g (10.78%), Net Carbohydrates: 29.24g (10.63%), Sugar: 25.56g (28.4%), Cholesterol: 14.32mg (4.77%), Sodium: 91.07mg (3.96%), Alcohol: 0.05g (100%), Alcohol %: 0.08% (100%), Caffeine: 13mg (4.33%), Protein: 4.03g (8.06%), Manganese: 1.09mg (54.71%), Copper: 0.43mg (21.58%), Magnesium: 54.97mg (13.74%), Phosphorus: 124.87mg (12.49%), Fiber: 3.11g (12.44%), Vitamin B1: 0.16mg (10.63%), Zinc: 1.42mg (9.43%), Iron: 1.5mg (8.33%), Vitamin B2: 0.11mg (6.4%), Potassium: 223.35mg (6.38%), Vitamin A: 318.2IU (6.36%), Calcium: 60.11mg (6.01%), Vitamin E: 0.68mg (4.51%), Selenium: 2.75µg (3.92%), Vitamin B5: 0.38mg (3.75%), Vitamin B6: 0.06mg (3.12%), Vitamin K: 2.49µg (2.38%), Vitamin B3: 0.4mg (1.99%), Vitamin B12: 0.11µg (1.84%), Folate: 5.65µg (1.41%), Vitamin D: 0.17µg (1.13%)