

## Walnut Brownie Pie

READY IN



45 min.

SERVINGS



8

CALORIES



1453 kcal

### Ingredients

- 0.3 cup butter
- 3 eggs beaten
- 3 tablespoons flour all-purpose
- 9 inch pie crust dough
- 14 ounce condensed milk sweetened canned
- 0.5 cup cocoa powder unsweetened
- 1 teaspoon vanilla extract
- 1.8 cups walnut halves

### Equipment

sauce pan

oven

## Directions

Coarsely chop 1 1/2 cup nuts.

In medium saucepan, over low heat, stir condensed milk, butter or margarine, and cocoa until the butter melts and mix is warm; remove from heat.

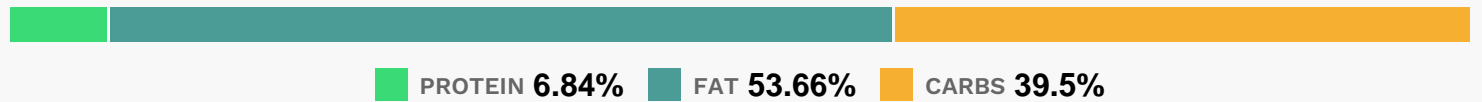
Stir in eggs, flour, vanilla, and chopped nuts; pour into prepared pie crust.

Sprinkle top with remaining 1/4 cup walnut halves.

Bake at 350 degrees F (175 degrees C) for 50 minutes or until center is firm.

Serve warm or cold garnished with fudge sauce, whipped cream, and a strawberry, if desired.

## Nutrition Facts



## Properties

Glycemic Index:25.75, Glycemic Load:18.38, Inflammation Score:-8, Nutrition Score:28.523913300556%

## Flavonoids

Cyanidin: 0.69mg, Cyanidin: 0.69mg, Cyanidin: 0.69mg, Cyanidin: 0.69mg Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

## Nutrients (% of daily need)

Calories: 1453.28kcal (72.66%), Fat: 87.75g (135%), Saturated Fat: 27.25g (170.32%), Carbohydrates: 145.33g (48.44%), Net Carbohydrates: 135.93g (49.43%), Sugar: 27.89g (30.99%), Cholesterol: 93.5mg (31.17%), Sodium: 1054.04mg (45.83%), Alcohol: 0.17g (100%), Alcohol %: 0.07% (100%), Caffeine: 12.36mg (4.12%), Protein: 25.16g (50.32%), Manganese: 2.1mg (105.12%), Vitamin B1: 0.78mg (52.26%), Folate: 202.87µg (50.72%), Phosphorus: 452.96mg (45.3%), Iron: 7.86mg (43.65%), Vitamin B2: 0.73mg (43.08%), Selenium: 28.28µg (40.4%), Copper: 0.8mg (40.16%), Fiber: 9.4g (37.62%), Vitamin B3: 6.77mg (33.83%), Magnesium: 116.71mg (29.18%), Calcium: 227.03mg (22.7%), Zinc: 2.88mg (19.17%), Potassium: 625.1mg (17.86%), Vitamin K: 18.1µg (17.24%), Vitamin B5: 1.72mg (17.16%), Vitamin B6: 0.31mg (15.56%), Vitamin E: 1.64mg (10.92%), Vitamin A: 406.2IU (8.12%), Vitamin B12: 0.38µg (6.29%), Vitamin D: 0.43µg (2.86%), Vitamin C: 1.62mg (1.97%)