

Kentucky Chocolate Nut Pie

adapted from *Cooks.com*
www.DashRecipes.com

Servings: 8

2 eggs, lightly beaten
1 cup sugar
1/2 cup butter, melted
4 tablespoons bourbon
1/4 cup cornstarch
1 cup pecans, chopped
1 cup semisweet chocolate chips
1 nine-inch unbaked pie shell

Preheat the oven to 350 degrees.

In a large bowl, combine the eggs, sugar, butter and bourbon. Beat well. Add the cornstarch. Beat well.

Stir in the pecans and chocolate chips. Pour into the pie shell.

Bake for about 45 minutes.

This recipe is similar to Derby Pie and eaten around the time of the Kentucky Derby.

Per Serving (excluding unknown items): 440 Calories; 28g Fat (56.8% calories from fat); 4g Protein; 45g Carbohydrate; 2g Dietary Fiber; 84mg Cholesterol; 138mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 5 1/2 Fat; 2 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	440	Vitamin B6 (mg):	.1mg
% Calories from Fat:	56.8%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	39.9%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	3.3%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	28g	Folacin (mcg):	12mcg
Saturated Fat (g):	12g	Niacin (mg):	trace
Monounsaturated Fat (g):	12g	Caffeine (mg):	13mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	17
Cholesterol (mg):	84mg	% Refuse:	n n%
Carbohydrate (g):	45g	Food Exchanges	
Dietary Fiber (g):	2g	Grain (Starch):	1/2
Protein (g):	4g	Lean Meat:	1/2
Sodium (mg):	138mg	Vegetable:	0

Potassium (mg): 151mg
Calcium (mg): 22mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): trace
Vitamin A (i.u.): 556IU
Vitamin A (r.e.): 131RE

Fruit: 0
Non-Fat Milk: 0
Fat: 5 1/2
Other Carbohydrates: 2 1/2

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 440 Calories from Fat: 250

% Daily Values*

Total Fat	28g	43%
	Saturated Fat 12g	60%
Cholesterol	84mg	28%
Sodium	138mg	6%
Total Carbohydrates	45g	15%
	Dietary Fiber 2g	9%
Protein	4g	

Vitamin A	11%
Vitamin C	0%
Calcium	2%
Iron	7%

* Percent Daily Values are based on a 2000 calorie diet.