

Chocolate Pecan Pie

Ojai Valley Inn - Ojai, CA

The Great Country Inns of America Cookbook (2nd ed) (1992)

Servings: 6

- 4 eggs
- 1 cup golden brown sugar
- 3/4 cup light corn syrup
- pinch salt
- 1/4 cup unsalted butter, melted
- 1 teaspoon vanilla extract
- 2 1/4 cups chopped pecans
- 3 ounces unsweetened chocolate, melted and cooled
- 1 nine-inch unbaked pie shell

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Preheat the oven to 300 degrees.

In a bowl, beat the eggs. Add the brown sugar, corn syrup, salt, butter and vanilla. Whisk together.

Mix one-half of the mixture into the chocolate with a wooden paddle. Fold in the pecans and the remaining butter/sugar mixture. Pour into the pie shell.

Bake until the mixture is set, 45 minutes to one hour.

Per Serving (excluding unknown items): 606 Calories; 49g Fat (67.4% calories from fat); 9g Protein; 44g Carbohydrate; 6g Dietary Fiber; 162mg Cholesterol; 100mg Sodium. Exchanges: 1 Grain(Starch); 1 Lean Meat; 9 Fat; 2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	606	Vitamin B6 (mg):	.1mg
% Calories from Fat:	67.4%	Vitamin B12 (mcg):	.4mcg
% Calories from Carbohydrates:	26.9%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	5.6%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	49g	Folacin (mcg):	35mcg
Saturated Fat (g):	13g	Niacin (mg):	1mg
Monounsaturated Fat (g):	25g	Caffeine (mg):	29mg
Polyunsaturated Fat (g):	8g	Alcohol (kcal):	2
Cholesterol (mg):	162mg	% Refuse:	0.0%
Carbohydrate (g):	44g		
Dietary Fiber (g):	6g		
		Food Exchanges	
		Grain (Starch):	1

Protein (g): 9g
Sodium (mg): 100mg
Potassium (mg): 342mg
Calcium (mg): 47mg
Iron (mg): 2mg
Zinc (mg): 3mg
Vitamin C (mg): 1mg
Vitamin A (i.u.): 523IU
Vitamin A (r.e.): 125RE

Lean Meat: 1
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 9
Other Carbohydrates: 2

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 606 Calories from Fat: 409

% Daily Values*

Total Fat	49g	75%
	Saturated Fat 13g	64%
Cholesterol	162mg	54%
Sodium	100mg	4%
Total Carbohydrates	44g	15%
	Dietary Fiber 6g	22%
Protein	9g	
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Vitamin A		10%
Vitamin C		1%
Calcium		5%
Iron		14%

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