



Best Yet Chocolate Meringue Pie

READY IN



260 min.

SERVINGS



8

CALORIES



349 kcal

DESSERT

Ingredients

- ☐ 0.3 cup all purpose flour
- ☐ 2 tablespoons butter melted
- ☐ 1 tablespoon dutch cocoa powder unsweetened
- ☐ 3 large egg whites
- ☐ 3 large egg yolks
- ☐ 1 cup granulated sugar
- ☐ 2.5 cups milk – scalded (I did this in microwave)
- ☐ 1 pie shell
- ☐ 0.3 teaspoon salt

- ☐ 2 ounces chocolate unsweetened finely chopped
- ☐ 0.5 teaspoon vanilla
- ☐ 0.5 teaspoon vanilla extract

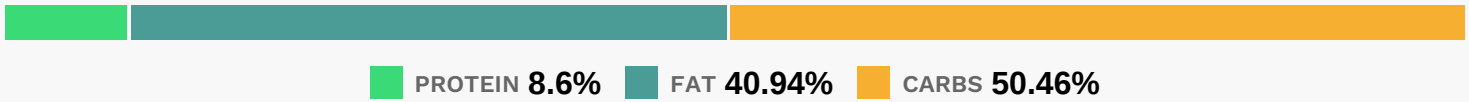
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 350 degrees F.Prepare all filling ingredients, then make the meringue first so you'll have it ready to put on a hot filling. Beat the egg whites until soft peaks form. Gradually add sugar, beating on high, until stiff peaks form. Beat in vanilla. Set aside.
- ☐ Mix the flour, sugar cocoa powder and salt together in a heavy saucepan. Set the pan over medium heat and gradually whisk in the hot milk. Continue whisking and cooking until mixture starts to thicken.
- ☐ Whisk about half cup of the milk mixture into the egg yolks, then add egg/milk mixture back to saucepan and whisk for about two minutes. It should become thick and make big bubbles.
- ☐ Remove from heat and whisk in butter, chocolate and vanilla.
- ☐ Pour hot chocolate mixture into pie shell and cover with the meringue, sealing the edges well.Set the pie on a cookie sheet and bake for 12-15 minutes. Cool at room temperature for an hour, then chill for 4 hours or until pie is set.

Nutrition Facts



Properties

Glycemic Index:29.14, Glycemic Load:21.68, Inflammation Score:-4, Nutrition Score:9.07652183201%

Flavonoids

Catechin: 4.96mg, Catechin: 4.96mg, Catechin: 4.96mg, Catechin: 4.96mg Epicatechin: 11.28mg, Epicatechin: 11.28mg, Epicatechin: 11.28mg, Epicatechin: 11.28mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 348.5kcal (17.43%), Fat: 16.45g (25.31%), Saturated Fat: 7.91g (49.45%), Carbohydrates: 45.63g (15.21%), Net Carbohydrates: 43.55g (15.84%), Sugar: 28.9g (32.11%), Cholesterol: 85.53mg (28.51%), Sodium: 236.9mg (10.3%), Alcohol: 0.17g (100%), Alcohol %: 0.14% (100%), Caffeine: 7.11mg (2.37%), Protein: 7.78g (15.55%), Manganese: 0.46mg (22.95%), Selenium: 11.32µg (16.17%), Vitamin B2: 0.27mg (15.89%), Phosphorus: 158.46mg (15.85%), Copper: 0.29mg (14.35%), Iron: 2.31mg (12.85%), Calcium: 116.84mg (11.68%), Vitamin B1: 0.16mg (10.99%), Magnesium: 41.59mg (10.4%), Vitamin B12: 0.55µg (9.22%), Folate: 36.5µg (9.12%), Zinc: 1.33mg (8.84%), Fiber: 2.08g (8.32%), Vitamin D: 1.18µg (7.89%), Potassium: 238.1mg (6.8%), Vitamin B5: 0.62mg (6.25%), Vitamin A: 303.13IU (6.06%), Vitamin B3: 1.09mg (5.45%), Vitamin B6: 0.09mg (4.26%), Vitamin E: 0.41mg (2.76%), Vitamin K: 2.79µg (2.66%)