



Bittersweet Chocolate Pudding Pie with Crème Fraîche Topping

READY IN



45 min.

SERVINGS



8

CALORIES



441 kcal

DESSERT

Ingredients

- 4 ounces bittersweet chocolate 60% finely chopped (cacao)
- 1 cup chocolate wafer crumbs finely (half of 19-ounce package; 23 cookies, ground in processor)
- 2 tablespoons cornstarch
- 1 cup crème fraîche chilled
- 1 tablespoon rum dark
- 1 cup heavy whipping cream chilled
- 0.1 teaspoon salt
- 0.3 cup sugar

- 5 tablespoons butter unsalted melted
- 0.3 cup cocoa powder unsweetened
- 1 teaspoon vanilla extract
- 1.8 cups milk whole divided

Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- plastic wrap
- hand mixer
- wooden spoon
- spatula
- offset spatula
- pie form

Directions

- Position rack in center of oven; preheat to 350°F. Blend cookie crumbs and sugar in processor.
- Add melted butter; process until crumbs are evenly moistened. Press crumb mixture onto bottom and up sides (not rim) of 9-inch-diameter glass pie dish.
- Bake until crust begins to set and no longer looks moist, pressing gently with back of fork if crust puffs, about 12 minutes.
- Remove crust from oven, then sprinkle chopped chocolate over bottom of crust.
- Let stand until chocolate softens, 1 to 2 minutes. Using offset spatula or small rubber spatula, spread chocolate over bottom and up sides of crust to cover. Chill crust until chocolate sets, about 30 minutes.

- Whisk sugar, cocoa, cornstarch, and salt to blend in heavy medium saucepan. Gradually add 1/3 cup milk, whisking until smooth paste forms.
- Whisk in remaining milk, then 1/4 cup cream. Using flat-bottom wooden spoon or heatproof spatula, stir mixture constantly over medium heat, scraping bottom and sides of pan until pudding thickens and begins to bubble at edges, about 5 minutes.
- Add chocolate; stir until mixture is smooth.
- Remove from heat; stir in rum and vanilla.
- Pour hot pudding into crust and spread evenly. Cool 1 hour at room temperature. Cover with plastic wrap; chill overnight. DO AHEAD: Can be made 2 days ahead. Keep refrigerated.
- Using electric mixer, beat crème fraîche, whipping cream, sugar, and vanilla in medium bowl just until stiff peaks form and mixture is thick enough to spread (do not overbeat or mixture may curdle).
- Spread topping decoratively over top of pie, swirling to create peaks, if desired. DO AHEAD: Pie can be made 6 hours ahead. Cover with cake dome and refrigerate.
- Sprinkle chocolate shavings decoratively atop pie, if desired.
- Cut pie into wedges and serve.
- * Sold at some supermarkets and at specialty foods stores.

Nutrition Facts

PROTEIN 5.21% **FAT 65.98%** **CARBS 28.81%**

Properties

Glycemic Index:21.57, Glycemic Load:10.11, Inflammation Score:-6, Nutrition Score:9.2447825514752%

Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 441.15kcal (22.06%), Fat: 33.05g (50.85%), Saturated Fat: 19.24g (120.25%), Carbohydrates: 32.47g (10.82%), Net Carbohydrates: 29.52g (10.73%), Sugar: 21.22g (23.58%), Cholesterol: 76.93mg (25.64%), Sodium: 158.2mg (6.88%), Alcohol: 0.8g (100%), Alcohol %: 0.62% (100%), Caffeine: 21.83mg (7.28%), Protein: 5.87g (11.74%), Manganese: 0.43mg (21.58%), Copper: 0.39mg (19.51%), Vitamin A: 930.34IU (18.61%), Phosphorus: 177.11mg

(17.71%), Magnesium: 61.91mg (15.48%), Vitamin B2: 0.24mg (13.85%), Calcium: 134.32mg (13.43%), Fiber: 2.95g (11.82%), Iron: 2.02mg (11.23%), Potassium: 311.57mg (8.9%), Selenium: 5.65µg (8.08%), Vitamin D: 1.19µg (7.96%), Zinc: 1.17mg (7.79%), Vitamin B12: 0.45µg (7.49%), Vitamin E: 0.8mg (5.34%), Vitamin B1: 0.08mg (5.2%), Vitamin B5: 0.49mg (4.86%), Vitamin B6: 0.07mg (3.57%), Vitamin B3: 0.71mg (3.53%), Vitamin K: 3.6µg (3.43%), Folate: 10.9µg (2.73%)