



Black-Bottom Chocolate Pie

READY IN



45 min.

SERVINGS



8

CALORIES



1213 kcal

DESSERT

Ingredients

- ☐ 8 servings chocolate pie crust
- ☐ 8 servings chocolate curls
- ☐ 0.3 cup cornstarch
- ☐ 1 teaspoon rum dark
- ☐ 6 large egg yolk
- ☐ 2 cups milk 1% low-fat ()
- ☐ 2 tablespoons powdered sugar
- ☐ 1 pinch salt
- ☐ 6 ounces bittersweet chocolate unsweetened chopped (not)

- ☐ 0.7 cup sugar
- ☐ 2 tablespoons cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup whipping cream chilled

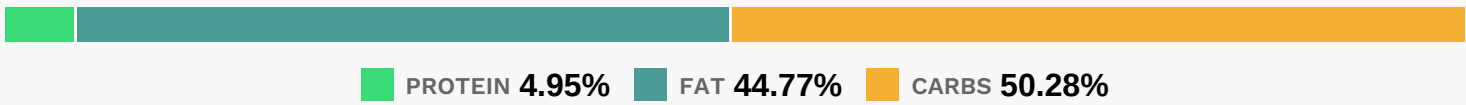
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ pastry bag

Directions

- ☐ Whisk first 4 ingredients in heavy medium saucepan to blend.
- ☐ Whisk in egg yolks to form thick paste. Gradually whisk in milk, then cream.
- ☐ Whisk over medium-high heat until mixture thickens and boils 1 minute.
- ☐ Remove from heat.
- ☐ Add chocolate and whisk until smooth.
- ☐ Whisk in rum and vanilla. Cool 5 minutes, whisking occasionally.
- ☐ Transfer filling to frozen crust. Chill until cold, at least 2 hours and up to 1 day.
- ☐ Beat first 3 ingredients in large bowl until firm peaks form. Spoon whipped cream into pastry bag fitted with large star tip. Pipe rosettes around edge of pie.
- ☐ Garnish with chocolate curls. (Can be made 4 hours ahead; chill.)

Nutrition Facts



Properties

Glycemic Index:10.64, Glycemic Load:11.64, Inflammation Score:-6, Nutrition Score:17.400434689677%

Flavonoids

Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 1212.59kcal (60.63%), Fat: 60.48g (93.04%), Saturated Fat: 21.8g (136.26%), Carbohydrates: 152.8g (50.93%), Net Carbohydrates: 147.5g (53.64%), Sugar: 78.93g (87.7%), Cholesterol: 175.6mg (58.53%), Sodium: 896.87mg (38.99%), Alcohol: 0.38g (100%), Alcohol %: 0.15% (100%), Caffeine: 22.02mg (7.34%), Protein: 15.05g (30.1%), Phosphorus: 427.22mg (42.72%), Iron: 6.89mg (38.3%), Vitamin B1: 0.56mg (37.16%), Folate: 138.99µg (34.75%), Vitamin B2: 0.55mg (32.44%), Magnesium: 104.12mg (26.03%), Vitamin B3: 4.42mg (22.1%), Fiber: 5.3g (21.21%), Manganese: 0.36mg (17.81%), Copper: 0.34mg (17.13%), Selenium: 11.54µg (16.49%), Vitamin A: 747.95IU (14.96%), Potassium: 489.08mg (13.97%), Calcium: 126.15mg (12.61%), Vitamin D: 1.81µg (12.09%), Vitamin B12: 0.7µg (11.6%), Zinc: 1.3mg (8.66%), Vitamin B5: 0.74mg (7.4%), Vitamin E: 0.75mg (4.98%), Vitamin B6: 0.1mg (4.98%), Vitamin K: 2.73µg (2.6%)