



## Black Bottom Pie I

READY IN



45 min.

SERVINGS



8

CALORIES



520 kcal

DESSERT

### Ingredients

- 1 tablespoon cornstarch
- 4 egg whites
- 4 egg yolks
- 0.3 ounce gelatin powder unflavored
- 1.8 cups milk
- 19-inch pie crust ()
- 0.5 cup rum
- 1.3 cups semi chocolate chips
- 1 teaspoon vanilla extract

- 0.3 cup water cold
- 1.3 cups sugar white

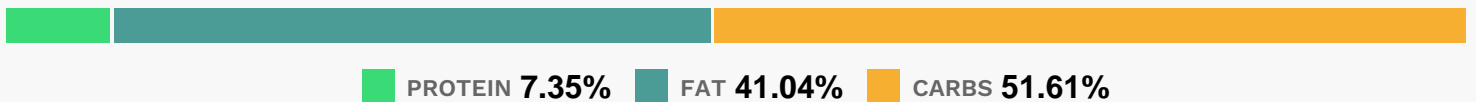
## Equipment

- sauce pan

## Directions

- Dissolve gelatin in cold water, and set aside.
- In a small saucepan, mix cornstarch, 3/4 cup sugar, milk, and egg yolks. Cook, stirring, until bubbly and thick.
- Remove from heat, and add vanilla. Divide mixture in half.
- Add chocolate chips to one half, and stir until melted and smooth.
- Pour into pastry shell. Chill.
- Stir gelatin mixture into the other half of the hot egg yolk mixture. Stir in rum. Chill until slightly thick.
- Beat egg whites until soft peaks form. Gradually add remaining 1/2 cup sugar, and beat to stiff peaks. Fold into partially set gelatin/rum mixture. Chill until mix will mound, then spoon into pie shell on top of chocolate layer. Chill overnight.

## Nutrition Facts



## Properties

Glycemic Index:15.39, Glycemic Load:22.76, Inflammation Score:-4, Nutrition Score:10.179130471271%

## Nutrients (% of daily need)

Calories: 519.94kcal (26%), Fat: 22.23g (34.2%), Saturated Fat: 10.5g (65.64%), Carbohydrates: 62.91g (20.97%), Net Carbohydrates: 59.87g (21.77%), Sugar: 44.99g (49.99%), Cholesterol: 105.4mg (35.13%), Sodium: 157.46mg (6.85%), Alcohol: 5.18g (100%), Alcohol %: 3.49% (100%), Caffeine: 25.8mg (8.6%), Protein: 8.95g (17.91%), Manganese: 0.52mg (26.16%), Copper: 0.43mg (21.53%), Selenium: 13.56µg (19.38%), Phosphorus: 188.36mg (18.84%), Magnesium: 65.41mg (16.35%), Iron: 2.84mg (15.78%), Vitamin B2: 0.25mg (14.9%), Fiber: 3.03g (12.14%), Calcium: 102.76mg (10.28%), Zinc: 1.35mg (9%), Potassium: 310.51mg (8.87%), Vitamin B12: 0.53µg (8.85%), Vitamin B1: 0.13mg (8.39%), Folate: 31.51µg (7.88%), Vitamin D: 1.07µg (7.15%), Vitamin B5: 0.69mg (6.89%), Vitamin B3:

1.01mg (5.03%), Vitamin A: 231.5IU (4.63%), Vitamin B6: 0.09mg (4.39%), Vitamin K: 4.21µg (4.01%), Vitamin E:  
0.55mg (3.67%)