



Black-Bottom Raspberry Cream Pie

READY IN



45 min.

SERVINGS



10

CALORIES



494 kcal

DESSERT

Ingredients

- ☐ 1.8 cups chocolate wafers such as nabisco famous crushed (30 cookies from one 9-ounce package)
- ☐ 2 tablespoons cornstarch
- ☐ 1 large eggs
- ☐ 2 large egg yolks
- ☐ 2 tablespoons powdered sugar
- ☐ 1.5 pint raspberries
- ☐ 4 ounces bittersweet chocolate unsweetened finely chopped (not)
- ☐ 0.5 cup sugar

- ☐ 2 tablespoons butter unsalted ()
- ☐ 0.3 cup cocoa powder unsweetened (preferably Dutch-process)
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 cup whipping cream chilled
- ☐ 2.5 cups milk whole divided

Equipment

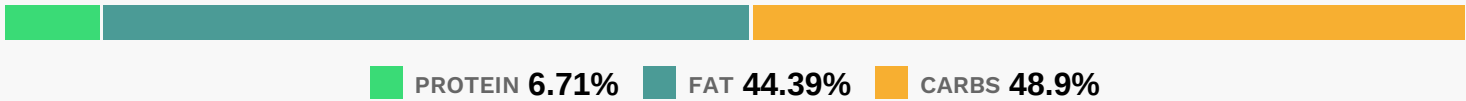
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ pie form

Directions

- ☐ Spray 9-inch-diameter glass pie dish with nonstick spray. Blend cookie crumbs, butter, and sugar in medium bowl. Press mixture evenly over bottom and up sides (not on rim) of prepared dish. Chill crust 30 minutes.
- ☐ Preheat oven to 350°F.
- ☐ Bake crust until set, about 10 minutes, then cool.
- ☐ Combine sugar, cocoa, and cornstarch in heavy medium saucepan; whisk to blend well. Gradually add 1/4 cup milk, whisking until cornstarch dissolves.
- ☐ Whisk in remaining 2 1/4 cups milk, then egg yolks and egg. Stir over medium-high heat until pudding thickens and boils, about 8 minutes.
- ☐ Remove from heat.
- ☐ Add chocolate and butter; whisk until melted and smooth.
- ☐ Spread pudding in prepared crust. Press plastic wrap onto pudding to cover and chill pie overnight.
- ☐ Peel plastic wrap off pie. Cover chocolate layer with raspberries, pointed side up, pressing lightly into chocolate to adhere (some berries will be left over). Beat cream, sugar, and vanilla

in medium bowl until peaks form; spread over berries on pie. Arrange remaining berries atop cream. Chill pie at least 1 hour and up to 4 hours.

Nutrition Facts



Properties

Glycemic Index:18.36, Glycemic Load:23.26, Inflammation Score:-7, Nutrition Score:15.321739113849%

Flavonoids

Cyanidin: 32.49mg, Cyanidin: 32.49mg, Cyanidin: 32.49mg, Cyanidin: 32.49mg Petunidin: 0.22mg, Petunidin: 0.22mg, Petunidin: 0.22mg, Petunidin: 0.22mg Delphinidin: 0.94mg, Delphinidin: 0.94mg, Delphinidin: 0.94mg, Delphinidin: 0.94mg Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Pelargonidin: 0.7mg, Pelargonidin: 0.7mg, Pelargonidin: 0.7mg, Pelargonidin: 0.7mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epicatechin: 6.72mg, Epicatechin: 6.72mg, Epicatechin: 6.72mg, Epicatechin: 6.72mg Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 493.83kcal (24.69%), Fat: 25.2g (38.77%), Saturated Fat: 12.97g (81.06%), Carbohydrates: 62.46g (20.82%), Net Carbohydrates: 54.72g (19.9%), Sugar: 38.06g (42.29%), Cholesterol: 97.06mg (32.35%), Sodium: 281.37mg (12.23%), Alcohol: 0.07g (100%), Alcohol %: 0.04% (100%), Caffeine: 18.84mg (6.28%), Protein: 8.58g (17.15%), Manganese: 1mg (50.21%), Fiber: 7.74g (30.95%), Copper: 0.49mg (24.51%), Vitamin C: 18.74mg (22.71%), Phosphorus: 219.97mg (22%), Magnesium: 78.13mg (19.53%), Vitamin B2: 0.32mg (18.88%), Iron: 3.38mg (18.8%), Calcium: 139.13mg (13.91%), Selenium: 9.22µg (13.17%), Vitamin A: 628.74IU (12.57%), Potassium: 417.06mg (11.92%), Zinc: 1.65mg (11.01%), Folate: 43.4µg (10.85%), Vitamin B1: 0.16mg (10.61%), Vitamin E: 1.44mg (9.6%), Vitamin B3: 1.84mg (9.18%), Vitamin D: 1.38µg (9.18%), Vitamin B12: 0.54µg (9.01%), Vitamin B5: 0.9mg (9%), Vitamin K: 8.58µg (8.17%), Vitamin B6: 0.13mg (6.63%)