



Bobby's Lighter Frozen Chocolate Mousse Pie

READY IN



145 min.

SERVINGS



10

CALORIES



253 kcal

DESSERT

Ingredients

- 2 tablespoons chocolate-flavored liqueur
- 0.5 cup chocolate chips dark
- 2 tablespoons plus dark
- 0.3 cup milk low-fat
- 2 tablespoons meringue powder
- 1 9-inch pre-made rolled pie crust according to directions cooled
- 1 ounce half-sweet semisweet chocolate grated for garnish
- 0.5 cup semi chocolate chips
- 1 teaspoon vanilla extract

1.5 cups non-dairy whipped topping fat-free frozen thawed

Equipment

bowl

plastic wrap

double boiler

hand mixer

spatula

Directions

Melt both chocolates and the milk in a double boiler over low heat.

Remove from the heat and add in the corn syrup, chocolate-flavored liqueur and vanilla extract.

Mix together and allow to cool completely.

With an electric mixer on high speed, beat the meringue powder with 6 tablespoons water in a medium bowl until glossy peaks form, 2 to 3 minutes. With a rubber spatula, gently fold the beaten meringue and the whipped topping into the cooled chocolate mixture until no streaks of white remain. Spoon into the prepared crust and spread evenly. Cover with plastic wrap and freeze until frozen, for a couple of hours.

Garnish with grated chocolate and serve.

Nutrition Facts



PROTEIN 5.16% FAT 47.46% CARBS 47.38%

Properties

Glycemic Index:18.2, Glycemic Load:3.68, Inflammation Score:-2, Nutrition Score:5.6604348053427%

Nutrients (% of daily need)

Calories: 253.12kcal (12.66%), Fat: 13.2g (20.31%), Saturated Fat: 7.21g (45.05%), Carbohydrates: 29.65g (9.88%), Net Carbohydrates: 27.81g (10.11%), Sugar: 14.37g (15.97%), Cholesterol: 2.9mg (0.97%), Sodium: 364.51mg (15.85%), Alcohol: 0.79g (100%), Alcohol %: 1.47% (100%), Caffeine: 10.18mg (3.39%), Protein: 3.23g (6.46%), Calcium: 199.85mg (19.99%), Manganese: 0.26mg (13.18%), Phosphorus: 123.33mg (12.33%), Iron: 1.67mg (9.27%), Copper:

0.18mg (9.21%), Vitamin B2: 0.13mg (7.91%), Magnesium: 29.73mg (7.43%), Fiber: 1.84g (7.35%), Vitamin B1: 0.09mg (5.89%), Zinc: 0.78mg (5.23%), Potassium: 168.01mg (4.8%), Selenium: 3.2µg (4.57%), Folate: 17.92µg (4.48%), Vitamin B12: 0.25µg (4.15%), Vitamin B3: 0.78mg (3.91%), Vitamin K: 3.04µg (2.9%), Vitamin B6: 0.04mg (2.18%), Vitamin E: 0.31mg (2.1%), Vitamin B5: 0.21mg (2.06%)