



Butterscotch-Pudding Pie

READY IN



100 min.

SERVINGS



10

CALORIES



461 kcal

DESSERT

Ingredients

- ☐ 0.3 cup cornstarch
- ☐ 1 cup brown sugar dark packed
- ☐ 3 large egg yolks
- ☐ 1.4 oz heath candy bar finely chopped
- ☐ 1.5 cups heavy cream
- ☐ 1 9-inch pie crust homemade store bought (or)
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup bittersweet chocolate finely chopped
- ☐ 2 tablespoons sugar

- ☐ 4 tablespoons butter unsalted
- ☐ 1 teaspoon vanilla extract
- ☐ 2 teaspoons irish whiskey
- ☐ 2.5 cups milk whole

Equipment

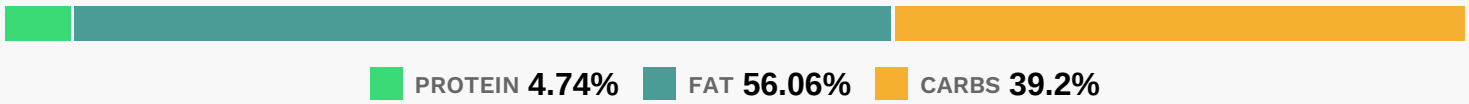
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ hand mixer

Directions

- ☐ Make pudding: Melt butter in a pan over medium heat, stir in dark brown sugar and salt and cook, stirring constantly, 3 minutes.
- ☐ Remove from heat. In a small bowl, whisk cornstarch and 1/2 cup milk until smooth, then whisk in egg yolks.
- ☐ Whisk remaining milk into brown sugar mixture, then whisk in cornstarch mixture. Return pan to medium heat and bring to a boil, whisking often. Reduce heat to low; simmer, whisking constantly, until pudding thickens slightly, about 1 minute (it will thicken more as it chills).
- ☐ Remove from heat; stir in whiskey and vanilla.
- ☐ Transfer to bowl; cover with plastic wrap, pressing wrap directly onto surface of pudding. Chill at least 8 hours or overnight.
- ☐ Make pie: Preheat oven to 375F. Line interior of crust with parchment; fill with dried beans or pie weights, pushing beans or weights up against sides of parchment.
- ☐ Bake for 20 minutes.
- ☐ Remove parchment and weights, prick crust all over with a fork and bake until crust is deep golden brown, 10 to 15 minutes longer.
- ☐ Sprinkle chocolate in crust, let melt, then spread in a thin layer.

- ☐
- Transfer to a rack and let cool completely.
- ☐
- Assemble pie: With an electric mixer at medium speed, beat cream with sugar and vanilla until it holds stiff peaks. Spoon pudding into crust, top with whipped cream, and garnish with chopped
- ☐
- Heath bar. Refrigerate for 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:12.31, Glycemic Load:2.76, Inflammation Score:-5, Nutrition Score:6.9456522568412%

Nutrients (% of daily need)

Calories: 460.7kcal (23.04%), Fat: 28.93g (44.5%), Saturated Fat: 15.95g (99.7%), Carbohydrates: 45.5g (15.17%), Net Carbohydrates: 44.53g (16.19%), Sugar: 31.8g (35.33%), Cholesterol: 115.96mg (38.65%), Sodium: 254.75mg (11.08%), Alcohol: 0.43g (100%), Alcohol %: 0.33% (100%), Caffeine: 3.76mg (1.25%), Protein: 5.5g (11%), Vitamin A: 839.48IU (16.79%), Calcium: 131.69mg (13.17%), Phosphorus: 130.67mg (13.07%), Vitamin B2: 0.22mg (12.77%), Vitamin D: 1.6µg (10.68%), Selenium: 7.02µg (10.03%), Manganese: 0.17mg (8.47%), Vitamin B12: 0.5µg (8.39%), Vitamin B1: 0.11mg (7.14%), Iron: 1.15mg (6.37%), Vitamin B5: 0.6mg (6.01%), Potassium: 206.55mg (5.9%), Folate: 23.26µg (5.82%), Magnesium: 23.01mg (5.75%), Vitamin E: 0.74mg (4.92%), Copper: 0.09mg (4.58%), Zinc: 0.67mg (4.49%), Vitamin B6: 0.09mg (4.42%), Fiber: 0.97g (3.89%), Vitamin B3: 0.69mg (3.47%), Vitamin K: 3.53µg (3.36%)