



Café au Lait Chiffon Pie

READY IN



45 min.

SERVINGS



8

CALORIES



276 kcal

DESSERT

Ingredients

- 2 tablespoons butter melted
- 1.5 cups chocolate graham cracker crumbs (10 cookie sheets)
- 0.5 cup roast coffee dark freshly ground
- 1 large pasteurized egg white
- 2 large pasteurized egg whites
- 0.3 cup milk 1% low-fat
- 3 cups marshmallows miniature
- 3 tablespoons bittersweet chocolate grated
- 2 tablespoons sugar

- 1.5 cups water
- 8 ounce non-dairy whipped topping frozen divided thawed reduced-calorie

Equipment

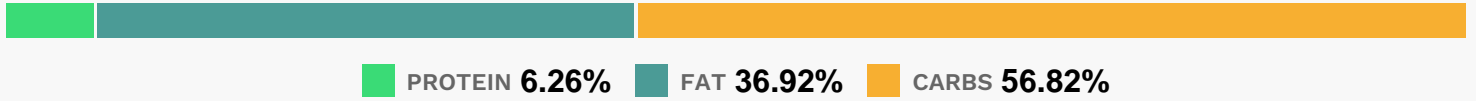
- bowl
- sauce pan
- oven
- whisk
- wire rack
- blender
- plastic wrap

Directions

- Preheat oven to 350
- To prepare crust, combine cracker crumbs and 2 tablespoons sugar, stirring well with a whisk.
- Add butter and 1 egg white; toss with a fork until moist. Press mixture into bottom and up sides of a 9-inch pie plate coated with cooking spray.
- Bake at 350 for 8 minutes; cool completely on a wire rack.
- To prepare filling, brew water and coffee in a coffee maker according to manufacturer's directions.
- Place brewed coffee in a small saucepan; bring to a boil. Cook until reduced to 1/3 cup (about 15 minutes).
- Add marshmallows and milk. Cook over medium heat until marshmallows melt, stirring constantly.
- Pour mixture into a large bowl; cover and let stand until mixture thickens, stirring occasionally (about 30 minutes).
- Place 2 egg whites in a medium bowl; beat with a mixer at high speed until foamy. Gradually add 2 tablespoons sugar, beating at high speed until stiff peaks form. Gently fold half of egg white mixture into marshmallow mixture; gently fold in remaining egg white mixture. Fold in 1 2/3 cups whipped topping. Spoon filling into prepared crust. Cover with plastic wrap; chill until firm (about 5 hours to overnight).

Cut pie into 8 wedges. Top each serving with 1 tablespoon whipped topping (reserve remaining whipped topping for another use); sprinkle each serving with about 1 teaspoon grated semisweet chocolate.

Nutrition Facts



Properties

Glycemic Index:22.57, Glycemic Load:11.31, Inflammation Score:-1, Nutrition Score:2.4673913147139%

Flavonoids

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Myricetin: 0.01mg, Myricetin:
0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin:
0.01mg

Nutrients (% of daily need)

Calories: 276.39kcal (13.82%), Fat: 11.49g (17.67%), Saturated Fat: 6.8g (42.53%), Carbohydrates: 39.78g (13.26%),
Net Carbohydrates: 39.31g (14.3%), Sugar: 27.3g (30.33%), Cholesterol: 8.92mg (2.97%), Sodium: 141.63mg (6.16%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 10.76mg (3.59%), Protein: 4.38g (8.76%), Vitamin B2: 0.11mg
(6.45%), Selenium: 4.21µg (6.01%), Copper: 0.1mg (5.09%), Phosphorus: 50.37mg (5.04%), Manganese: 0.08mg
(4.06%), Calcium: 39.93mg (3.99%), Magnesium: 15.76mg (3.94%), Potassium: 105.43mg (3.01%), Vitamin A:
130.53IU (2.61%), Iron: 0.44mg (2.45%), Vitamin B12: 0.14µg (2.4%), Fiber: 0.47g (1.88%), Vitamin E: 0.26mg (1.73%),
Zinc: 0.24mg (1.61%), Vitamin K: 1.58µg (1.51%), Vitamin B5: 0.12mg (1.18%), Vitamin B1: 0.02mg (1.07%)