



Café con Leche Cream Pie

READY IN



45 min.

SERVINGS



10

CALORIES



317 kcal

Ingredients

- ☐ 4 teaspoons butter melted
- ☐ 0.8 cup chocolate wafer crumbs (such as nabisco's famous chocolate wafers)
- ☐ 0.8 cup extrastrong coffee brewed
- ☐ 8 ounce block
- ☐ 8 ounce block cream cheese fat-free
- ☐ 1.3 teaspoons gelatin powder unflavored
- ☐ 14 ounce condensed milk fat-free sweetened canned
- ☐ 0.5 teaspoon cocoa unsweetened
- ☐ 3 cups non-dairy whipped topping fat-free frozen thawed

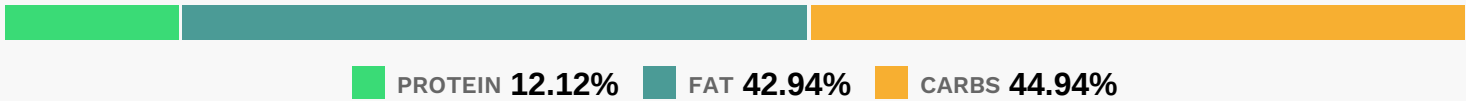
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ microwave
- ☐ springform pan

Directions

- ☐ Preheat oven to 35
- ☐ Combine chocolate wafer crumbs and butter, tossing with a fork until well combined. Firmly press mixture into the bottom of a 9-inch springform pan coated with cooking spray.
- ☐ Bake at 350 for 10 minutes; cool completely.
- ☐ Pour brewed coffee into a medium microwave-safe bowl.
- ☐ Sprinkle the gelatin over coffee; let stand 10 minutes.
- ☐ Combine cheeses and milk in a food processor; process until smooth. Microwave coffee mixture at HIGH for 20 seconds.
- ☐ Add coffee mixture to cheese mixture, and process until well combined.
- ☐ Pour cheese mixture into prepared crust. Cover and refrigerate overnight.
- ☐ Spread the whipped topping evenly over filling; sprinkle cocoa over pie. Chill 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:16.39, Inflammation Score:-4, Nutrition Score:7.8482607965884%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.11mg, Epicatechin:

0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg 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: 316.8kcal (15.84%), Fat: 15.43g (23.74%), Saturated Fat: 8.94g (55.88%), Carbohydrates: 36.34g (12.11%), Net Carbohydrates: 35.95g (13.07%), Sugar: 30.43g (33.81%), Cholesterol: 47.19mg (15.73%), Sodium: 359.96mg (15.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 8.06mg (2.69%), Protein: 9.8g (19.6%), Phosphorus: 271.26mg (27.13%), Vitamin B2: 0.45mg (26.73%), Calcium: 242.4mg (24.24%), Selenium: 10.31µg (14.73%), Vitamin B12: 0.78µg (13.07%), Vitamin A: 512.94IU (10.26%), Potassium: 292.2mg (8.35%), Vitamin B5: 0.7mg (6.98%), Vitamin B1: 0.1mg (6.87%), Zinc: 1mg (6.65%), Magnesium: 24.53mg (6.13%), Folate: 22.7µg (5.67%), Vitamin B6: 0.08mg (3.83%), Copper: 0.07mg (3.72%), Manganese: 0.07mg (3.69%), Iron: 0.5mg (2.79%), Vitamin E: 0.39mg (2.61%), Vitamin B3: 0.51mg (2.57%), Fiber: 0.39g (1.58%), Vitamin C: 1.03mg (1.25%), Vitamin K: 1.19µg (1.13%)