



## Chai Cream Pie

READY IN



240 min.

SERVINGS



8

CALORIES



383 kcal

DESSERT

### Ingredients

- ☐ 1 ginger tea bags black
- ☐ 1.5 tablespoons butter softened
- ☐ 8 cardamom pods crushed
- ☐ 3 inch cinnamon sticks
- ☐ 3 tablespoons cornstarch
- ☐ 2 large eggs
- ☐ 0.5 inch ginger fresh crushed peeled
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 2 cups milk 2% reduced-fat

- ☐ 14.1 ounce pie crust dough refrigerated (such as Pillsbury)
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 1.5 cups cool whip fat-free frozen thawed

## Equipment

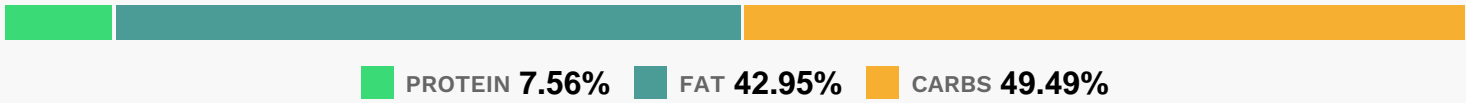
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ sieve
- ☐ plastic wrap

## Directions

- ☐ Roll dough into a 12-inch circle; fit into a 9-inch pie plate coated with cooking spray. Fold edges under, and flute.
- ☐ Bake piecrust according to package directions. Cool completely on a wire rack.
- ☐ Combine milk and the next 4 ingredients (through ginger) in a medium, heavy saucepan over medium-high heat; cook until the mixture reaches 180 or until tiny bubbles form around edge.
- ☐ Remove from heat.
- ☐ Add tea bag; cover and let stand for 15 minutes. Strain the mixture through a sieve over a bowl, and discard solids. Return milk mixture to pan, and cook over medium-high heat until the milk reaches 180 or until tiny bubbles form around edge.
- ☐ Combine sugar, cornstarch, salt, and eggs in a large bowl, stirring well. Gradually add the hot milk mixture to sugar mixture, stirring constantly with a whisk. Return milk mixture to pan, and cook over medium heat 10 minutes or until thick and bubbly, stirring constantly.
- ☐ Remove from heat; stir in butter.

Place pan in a large ice-filled bowl for 10 minutes or until filling cools, stirring occasionally. Spoon mixture into crust; cover surface with plastic wrap. Chill 3 hours or until set; remove plastic wrap. Top pie with whipped topping; garnish with ground cinnamon.

## Nutrition Facts



## Properties

Glycemic Index:18.76, Glycemic Load:8.78, Inflammation Score:-3, Nutrition Score:8.9739130709482%

## Nutrients (% of daily need)

Calories: 382.62kcal (19.13%), Fat: 18.4g (28.31%), Saturated Fat: 6.98g (43.62%), Carbohydrates: 47.7g (15.9%), Net Carbohydrates: 45.58g (16.57%), Sugar: 17.77g (19.75%), Cholesterol: 59.11mg (19.7%), Sodium: 314.03mg (13.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.29g (14.58%), Manganese: 0.87mg (43.34%), Vitamin B2: 0.35mg (20.32%), Phosphorus: 129.56mg (12.96%), Vitamin B1: 0.19mg (12.7%), Selenium: 8.78µg (12.55%), Folate: 46.34µg (11.59%), Calcium: 115.12mg (11.51%), Vitamin B12: 0.64µg (10.61%), Iron: 1.87mg (10.39%), Fiber: 2.12g (8.47%), Vitamin B3: 1.5mg (7.48%), Vitamin B5: 0.61mg (6.09%), Zinc: 0.88mg (5.84%), Magnesium: 21.77mg (5.44%), Potassium: 190.43mg (5.44%), Vitamin B6: 0.09mg (4.6%), Vitamin A: 219.59IU (4.39%), Vitamin K: 4.16µg (3.96%), Copper: 0.07mg (3.26%), Vitamin E: 0.46mg (3.09%), Vitamin D: 0.25µg (1.67%)