



Chocolate Avocado Pie

READY IN



120 min.

SERVINGS



8

CALORIES



228 kcal

DESSERT

Ingredients

- 2 large avocado pureed pitted peeled
- 19-inch chocolate pie crust prepared ()
- 0.3 cup pepperoncini pepper juice
- 3 ounces semi chocolate chips
- 0.7 cup condensed milk sweetened

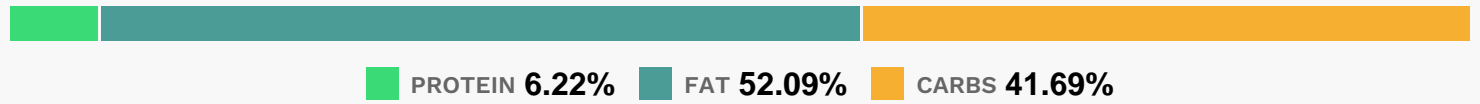
Equipment

- bowl
- hand mixer

Directions

- In the bowl of an electric mixer fitted with the paddle attachment, combine avocado, lemon juice, and condensed milk.
- Mix at medium-low speed until smooth and creamy, about 5 minutes.
- Stir in the chocolate morsels by hand, until evenly distributed.
- Pour filling into chocolate crust. Cover and chill in refrigerator until filling is set, at least 2 hours.
- Serve with whipped cream, if desired.

Nutrition Facts



Properties

Glycemic Index:17.72, Glycemic Load:9.18, Inflammation Score:-3, Nutrition Score:7.7473912796249%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 227.99kcal (11.4%), Fat: 13.72g (21.1%), Saturated Fat: 4.82g (30.13%), Carbohydrates: 24.69g (8.23%), Net Carbohydrates: 20.46g (7.44%), Sugar: 18.89g (20.99%), Cholesterol: 9.31mg (3.1%), Sodium: 37.91mg (1.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.14mg (3.05%), Protein: 3.69g (7.37%), Fiber: 4.24g (16.94%), Phosphorus: 119mg (11.9%), Copper: 0.23mg (11.65%), Potassium: 406.58mg (11.62%), Manganese: 0.22mg (10.97%), Vitamin K: 11.47µg (10.92%), Folate: 43.6µg (10.9%), Vitamin B2: 0.18mg (10.48%), Magnesium: 40.34mg (10.08%), Vitamin B5: 0.92mg (9.25%), Calcium: 85.66mg (8.57%), Vitamin E: 1.14mg (7.63%), Vitamin B6: 0.15mg (7.36%), Vitamin C: 5.76mg (6.98%), Selenium: 4.88µg (6.97%), Zinc: 0.84mg (5.63%), Iron: 1.01mg (5.61%), Vitamin B3: 1.03mg (5.13%), Vitamin B1: 0.06mg (4.13%), Vitamin A: 146.84IU (2.94%), Vitamin B12: 0.13µg (2.19%)