



Chocolate-Berry Cream Pie

READY IN



45 min.

SERVINGS



8

CALORIES



197 kcal

DESSERT

Ingredients

- 0.8 cup poached berries
- 2 tablespoons brown sugar
- 1 tablespoon butter melted
- 1 cup chocolate wafer crumbs (20 cookies; such as Nabisco's Famous Chocolate Wafers)
- 4 ounces weight cream cheese fat-free softened
- 1 egg whites
- 1 large egg yolk
- 2 large eggs
- 1 cup nonfat cottage cheese fat-free

- 2 tablespoons flour all-purpose
- 6 tablespoons granulated sugar
- 0.1 teaspoon salt
- 1 teaspoon vanilla extract

Equipment

- food processor
- bowl
- oven
- wire rack

Directions

- Preheat oven to 350
- To prepare crust, combine first 4 ingredients in a small bowl; stir with a fork until moist. Press into bottom and 1 inch up sides of a 9-inch pie plate coated with cooking spray.
- Bake at 350 for 8 minutes; cool on a wire rack.
- To prepare filling, combine cottage cheese and next 5 ingredients (through salt) in a food processor; process for 1 minute or until smooth.
- Add eggs and egg yolk; process until smooth. Spoon filling into prepared crust.
- Bake at 350 for 35 minutes or until set. Cool completely on a wire rack. Cover and chill at least 4 hours or overnight.
- To serve, spread Triple Berry Curd evenly over top.

Nutrition Facts



PROTEIN 17.44% **FAT 25.08%** **CARBS 57.48%**

Properties

Glycemic Index:30.57, Glycemic Load:12.12, Inflammation Score:-2, Nutrition Score:5.8752173833225%

Flavonoids

Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg Petunidin: 2.64mg, Petunidin: 2.64mg, Petunidin: 2.64mg, Petunidin: 2.64mg Delphinidin: 3.14mg, Delphinidin: 3.14mg, Delphinidin: 3.14mg, Delphinidin: 3.14mg Malvidin: 7.21mg, Malvidin: 7.21mg, Malvidin: 7.21mg, Malvidin: 7.21mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 196.78kcal (9.84%), Fat: 5.53g (8.51%), Saturated Fat: 2.24g (13.98%), Carbohydrates: 28.51g (9.5%), Net Carbohydrates: 27.59g (10.03%), Sugar: 19.81g (22.01%), Cholesterol: 77.17mg (25.72%), Sodium: 359.54mg (15.63%), Alcohol: 0.17g (100%), Alcohol %: 0.21% (100%), Protein: 8.65g (17.31%), Phosphorus: 184.08mg (18.41%), Selenium: 10.68µg (15.26%), Vitamin B2: 0.24mg (14.17%), Calcium: 92.91mg (9.29%), Manganese: 0.15mg (7.44%), Vitamin B12: 0.44µg (7.27%), Folate: 27.74µg (6.94%), Vitamin B5: 0.59mg (5.93%), Iron: 1.05mg (5.84%), Copper: 0.1mg (4.99%), Zinc: 0.74mg (4.91%), Vitamin B1: 0.07mg (4.6%), Magnesium: 17.17mg (4.29%), Potassium: 148.38mg (4.24%), Fiber: 0.92g (3.68%), Vitamin B3: 0.68mg (3.4%), Vitamin A: 160.01IU (3.2%), Vitamin B6: 0.06mg (2.92%), Vitamin K: 2.93µg (2.79%), Vitamin E: 0.4mg (2.69%), Vitamin D: 0.36µg (2.43%)