



Chocolate Chiffon Pie

 Dairy Free

READY IN



145 min.

SERVINGS



8

CALORIES



239 kcal

DESSERT

Ingredients

- 4 egg whites
- 4 egg yolks
- 1 tablespoon gelatin powder unflavored
- 19-inch pie crust ()
- 0.3 teaspoon salt
- 2 ounce chocolate unsweetened grated
- 1 teaspoon vanilla extract
- 0.5 cup water boiling

0.5 cup sugar white

Equipment

bowl

whisk

mixing bowl

Directions

Place cold water in a small bowl and sprinkle gelatin over top. Set aside 5 minutes to soften.

Place grated chocolate in a large heat-proof bowl.

Pour boiling water over chocolate and stir until smooth. Stir gelatin mixture into chocolate mixture; stir until gelatin is completely dissolved.

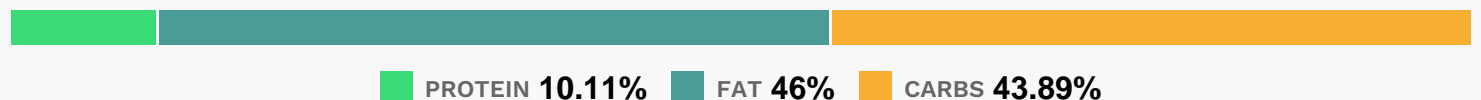
In a small bowl, whisk egg yolks with 1/2 cup sugar until smooth and light.

Whisk egg yolks into chocolate mixture, then stir in salt and vanilla extract. Allow mixture to cool.

In a large glass or metal mixing bowl, beat egg whites until foamy. Gradually add remaining 1/2 cup sugar, continuing to beat until whites form stiff peaks. Fold egg whites into cooled chocolate mixture.

Spread into baked pastry shell and chill at least 2 hours, or until firm.

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:8.73, Inflammation Score:-2, Nutrition Score:6.3652173436206%

Flavonoids

Catechin: 4.56mg, Catechin: 4.56mg, Catechin: 4.56mg, Catechin: 4.56mg Epicatechin: 10.05mg, Epicatechin: 10.05mg, Epicatechin: 10.05mg, Epicatechin: 10.05mg

Nutrients (% of daily need)

Calories: 239.03kcal (11.95%), Fat: 12.68g (19.5%), Saturated Fat: 5.19g (32.45%), Carbohydrates: 27.22g (9.07%), Net Carbohydrates: 25.41g (9.24%), Sugar: 12.76g (14.18%), Cholesterol: 97.2mg (32.4%), Sodium: 208.47mg

(9.06%), Alcohol: 0.17g (100%), Alcohol %: 0.26% (100%), Caffeine: 5.67mg (1.89%), Protein: 6.27g (12.54%), Manganese: 0.42mg (20.76%), Selenium: 10.46µg (14.94%), Copper: 0.28mg (14.04%), Iron: 2.16mg (11.99%), Vitamin B2: 0.17mg (9.87%), Phosphorus: 84.07mg (8.41%), Folate: 33.49µg (8.37%), Magnesium: 29.43mg (7.36%), Fiber: 1.8g (7.21%), Zinc: 1.01mg (6.74%), Vitamin B1: 0.1mg (6.39%), Vitamin B5: 0.41mg (4.12%), Vitamin B3: 0.79mg (3.96%), Potassium: 118.48mg (3.39%), Vitamin D: 0.49µg (3.24%), Vitamin B12: 0.19µg (3.15%), Vitamin A: 130.03IU (2.6%), Calcium: 25.72mg (2.57%), Vitamin E: 0.38mg (2.5%), Vitamin K: 2.58µg (2.45%), Vitamin B6: 0.05mg (2.34%)