

Chocolate Chiffon Pie by EAGLE BRAND®

READY IN



45 min.

SERVINGS



10

CALORIES



340 kcal

Ingredients

- 14 ounce condensed milk sweetened canned
- 1 envelope gelatin powder unflavored
- 6 ounce graham cracker crust prepared
- 2 ounce baker's chocolate unsweetened chopped
- 0.5 teaspoon vanilla extract
- 0.3 cup water
- 10 servings whipped cream
- 0.5 pint whipping cream

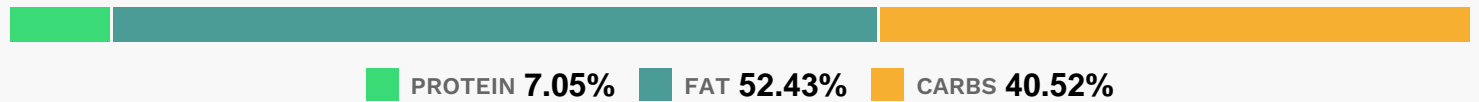
Equipment

sauce pan

Directions

- In heavy saucepan, over low heat, melt chocolate with sweetened condensed milk.
- In small saucepan, sprinkle gelatin over water; let stand 1 minute. Over low heat, stir until gelatin dissolves.
- Combine gelatin and chocolate mixture.
- Add vanilla. Cool to room temperature. Fold in whipped cream.
- Spread into crust.
- Chill 3 hours or until set.
- Garnish with additional whipped cream. Store leftovers covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:11.6, Glycemic Load:13.58, Inflammation Score:-4, Nutrition Score:7.7395652636238%

Flavonoids

Catechin: 3.65mg, Catechin: 3.65mg, Catechin: 3.65mg, Catechin: 3.65mg Epicatechin: 8.04mg, Epicatechin: 8.04mg, Epicatechin: 8.04mg, Epicatechin: 8.04mg

Nutrients (% of daily need)

Calories: 339.81kcal (16.99%), Fat: 20.51g (31.56%), Saturated Fat: 11.14g (69.6%), Carbohydrates: 35.67g (11.89%), Net Carbohydrates: 34.4g (12.51%), Sugar: 25.92g (28.8%), Cholesterol: 44.79mg (14.93%), Sodium: 140.53mg (6.11%), Alcohol: 0.07g (100%), Alcohol %: 0.09% (100%), Caffeine: 4.54mg (1.51%), Protein: 6.2g (12.4%), Manganese: 0.46mg (22.95%), Phosphorus: 162.34mg (16.23%), Vitamin B2: 0.26mg (15.13%), Calcium: 145.7mg (14.57%), Copper: 0.25mg (12.35%), Selenium: 7.85µg (11.21%), Vitamin A: 495.02IU (9.9%), Magnesium: 35.35mg (8.84%), Iron: 1.54mg (8.55%), Zinc: 1.21mg (8.08%), Potassium: 245.23mg (7.01%), Vitamin B1: 0.08mg (5.5%), Vitamin K: 5.37µg (5.11%), Fiber: 1.26g (5.06%), Folate: 18.35µg (4.59%), Vitamin E: 0.66mg (4.38%), Vitamin B5: 0.42mg (4.17%), Vitamin B12: 0.23µg (3.83%), Vitamin B3: 0.73mg (3.64%), Vitamin D: 0.48µg (3.21%), Vitamin B6: 0.05mg (2.28%), Vitamin C: 1.17mg (1.42%)