



Chocolate Cream Pie

READY IN



10 min.

SERVINGS



10

CALORIES



164 kcal

DESSERT

Ingredients

- ☐ 1 9-inch chocolate pie crust homemade
- ☐ 1 tablespoon confectioners' sugar
- ☐ 0.5 cup heavy cream chilled
- ☐ 7.8 oz chocolate pudding instant
- ☐ 10 strawberries hulled cut into eighths
- ☐ 0.5 cup vanilla yogurt not nonfat
- ☐ 1.5 cups milk whole chilled

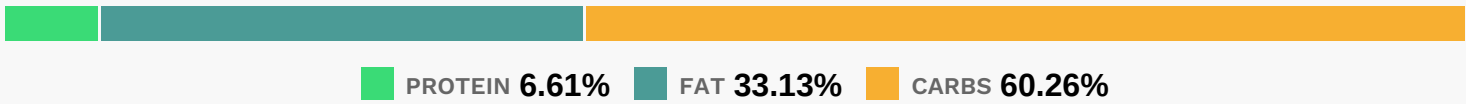
Equipment

- ☐ bowl
- ☐ whisk
- ☐ blender

Directions

- ☐ In a large bowl, whisk pudding with milk until very thick and smooth, about 2 minutes. Stir in yogurt. Scrape filling into crust. Cover and refrigerate pie until filling has set, at least 3 hours.
- ☐ In a large bowl, beat heavy cream with a mixer on medium-high speed until soft peaks form.
- ☐ Add confectioners' sugar, if desired. Continue beating until stiff peaks form. Cover and refrigerate.
- ☐ Before serving, spoon whipped cream on top of pie in decorative swirls, then top with strawberries.

Nutrition Facts



Properties

Glycemic Index:7.8, Glycemic Load:0.92, Inflammation Score:-2, Nutrition Score:3.8391304508499%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 163.86kcal (8.19%), Fat: 6.1g (9.38%), Saturated Fat: 3.71g (23.16%), Carbohydrates: 24.96g (8.32%), Net Carbohydrates: 23.92g (8.7%), Sugar: 20.2g (22.45%), Cholesterol: 18.45mg (6.15%), Sodium: 341.84mg (14.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.74g (5.47%), Vitamin C: 7.23mg (8.76%), Phosphorus:

79.34mg (7.93%), Calcium: 78.4mg (7.84%), Vitamin B2: 0.11mg (6.63%), Manganese: 0.13mg (6.48%), Vitamin A: 240.93IU (4.82%), Vitamin B12: 0.28µg (4.69%), Magnesium: 18.72mg (4.68%), Potassium: 163.72mg (4.68%), Copper: 0.09mg (4.37%), Fiber: 1.04g (4.15%), Vitamin D: 0.59µg (3.95%), Selenium: 2.26µg (3.23%), Zinc: 0.43mg (2.9%), Vitamin B5: 0.25mg (2.55%), Vitamin B1: 0.03mg (2.23%), Vitamin B6: 0.04mg (2.01%), Iron: 0.36mg (1.99%), Folate: 5.44µg (1.36%), Vitamin E: 0.18mg (1.2%), Vitamin K: 1.1µg (1.05%)