



WHATSheATE



Chocolate Cream Pie

READY IN



518 min.

SERVINGS



12

CALORIES



259 kcal

DESSERT

Ingredients

- ☐ 6 ounces chocolate pie crust
- ☐ 1.5 cups marshmallows jet-puffed miniature
- ☐ 0.5 cup milk
- ☐ 8 ounces chocolate chopped
- ☐ 1 cup whipping cream (heavy)

Equipment

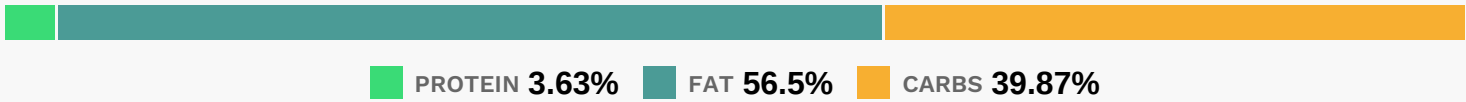
- ☐ bowl
- ☐ sauce pan

☐ hand mixer

Directions

- ☐ Heat milk, marshmallows and chocolate in 3-quart saucepan over low heat, stirring constantly, until chocolate and marshmallows are melted and blended. Refrigerate about 20 minutes, stirring occasionally until mixture mounds slightly when dropped from a spoon.
- ☐ Beat whipping cream in chilled medium bowl with electric mixer on high speed until soft peaks form. Fold chocolate mixture into whipped cream.
- ☐ Pour into pie shell. Refrigerate uncovered about 8 hours or until set.
- ☐ Garnish with milk chocolate curls and whipped cream if desired. Immediately refrigerate any remaining pie after serving.

Nutrition Facts



Properties

Glycemic Index:11.76, Glycemic Load:7.67, Inflammation Score:-3, Nutrition Score:3.3965217296196%

Nutrients (% of daily need)

Calories: 258.69kcal (12.93%), Fat: 17.09g (26.29%), Saturated Fat: 9.26g (57.86%), Carbohydrates: 27.13g (9.04%), Net Carbohydrates: 25.83g (9.39%), Sugar: 18.47g (20.52%), Cholesterol: 23.63mg (7.88%), Sodium: 89.11mg (3.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 12.47mg (4.16%), Protein: 2.47g (4.94%), Vitamin B2: 0.12mg (7.32%), Magnesium: 28.2mg (7.05%), Phosphorus: 69.62mg (6.96%), Vitamin A: 308.02IU (6.16%), Copper: 0.12mg (5.84%), Iron: 0.97mg (5.39%), Fiber: 1.3g (5.2%), Manganese: 0.09mg (4.72%), Vitamin B1: 0.05mg (3.64%), Potassium: 106.65mg (3.05%), Calcium: 30.32mg (3.03%), Vitamin D: 0.43µg (2.86%), Folate: 11.35µg (2.84%), Vitamin B3: 0.5mg (2.51%), Zinc: 0.38mg (2.5%), Selenium: 1.42µg (2.03%), Vitamin K: 1.86µg (1.77%), Vitamin E: 0.24mg (1.58%), Vitamin B12: 0.09µg (1.44%), Vitamin B6: 0.02mg (1.07%), Vitamin B5: 0.1mg (1.02%)