



Chocolate Cream Pie

READY IN



480 min.

SERVINGS



10

CALORIES



340 kcal

DESSERT

Ingredients

- ☐ 5 oz bittersweet chocolate unsweetened melted (not)
- ☐ 1.3 cups chocolate wafer crumbs (from 26 cookies such as Nabisco Famous Chocolate Wafers)
- ☐ 0.3 cup cornstarch
- ☐ 4 large egg yolk
- ☐ 0.8 cup cup heavy whipping cream chilled
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon sugar
- ☐ 2 tablespoons butter unsalted softened
- ☐ 2 oz baker's chocolate unsweetened melted

- ☐ 1 teaspoon vanilla
- ☐ 3 cups milk whole

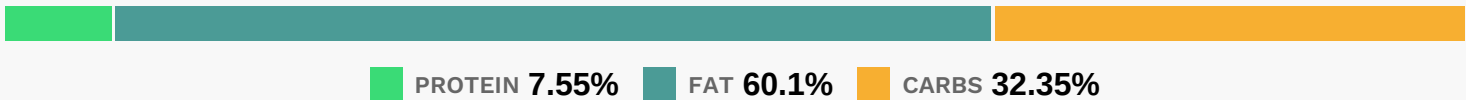
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ hand mixer
- ☐ wax paper

Directions

- ☐ Put oven rack in middle position and preheat oven to 350°F.
- ☐ Stir together crumbs, butter, and sugar and press on bottom and up side of a 9-inch pie plate (1-quart capacity).
- ☐ Bake until crisp, about 15 minutes, and cool on a rack.
- ☐ Whisk together sugar, cornstarch, salt, and yolks in a 3-quart heavy saucepan until combined well, then add milk in a stream, whisking. Bring to a boil over moderate heat, whisking, then reduce heat and simmer, whisking, 1 minute (filling will be thick).
- ☐ Force filling through a fine-mesh sieve into a bowl, then whisk in chocolates, butter, and vanilla. Cover surface of filling with a buttered round of wax paper and cool completely, about 2 hours.
- ☐ Spoon filling into crust and chill pie, loosely covered, at least 6 hours.
- ☐ Just before serving, beat cream with sugar in a bowl using an electric mixer until it just holds stiff peaks, then spoon on top of pie.
- ☐ Pie (without topping) can be chilled up to 1 day.

Nutrition Facts



Properties

Glycemic Index:15.76, Glycemic Load:7.26, Inflammation Score:-5, Nutrition Score:10.021304322326%

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: 339.69kcal (16.98%), Fat: 23.38g (35.97%), Saturated Fat: 13.15g (82.16%), Carbohydrates: 28.32g (9.44%), Net Carbohydrates: 25.7g (9.35%), Sugar: 16.17g (17.97%), Cholesterol: 109.56mg (36.52%), Sodium: 242.21mg (10.53%), Alcohol: 0.14g (100%), Alcohol %: 0.12% (100%), Caffeine: 18.22mg (6.07%), Protein: 6.61g (13.21%), Manganese: 0.54mg (26.9%), Copper: 0.44mg (21.99%), Phosphorus: 191.16mg (19.12%), Magnesium: 61.98mg (15.49%), Iron: 2.7mg (15.01%), Vitamin B2: 0.22mg (13.2%), Calcium: 130.6mg (13.06%), Selenium: 8.36µg (11.94%), Vitamin A: 557.89IU (11.16%), Zinc: 1.59mg (10.59%), Fiber: 2.61g (10.45%), Vitamin D: 1.5µg (10%), Vitamin B12: 0.6µg (10%), Potassium: 294.37mg (8.41%), Vitamin B1: 0.1mg (6.66%), Vitamin B5: 0.63mg (6.34%), Folate: 19.33µg (4.83%), Vitamin B6: 0.09mg (4.44%), Vitamin E: 0.66mg (4.37%), Vitamin B3: 0.72mg (3.58%), Vitamin K: 2.96µg (2.82%)