



Chocolate Cream Pie

READY IN



40 min.

SERVINGS



8

CALORIES



426 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon butter
- ☐ 0.3 cup confectioners' sugar
- ☐ 0.3 cup cornstarch — scant
- ☐ 8 oz cup heavy whipping cream
- ☐ 2 large egg yolks slightly beaten
- ☐ 2 cups milk — don't skimp whole
- ☐ 8 servings double crust classic crisco pie crust
- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar

- ☐ 2 oz chocolate unsweetened
- ☐ 1 teaspoon vanilla
- ☐ 1 teaspoon vanilla extract

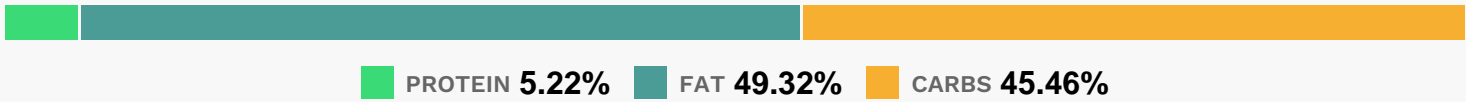
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ Parbake your pie crust by blind baking as directed on the package or if using scratch, covered with parchment and pie weights at 375 for 20 minutes and uncovered at 350 for 20 minutes or until done.
- ☐ Combine sugar, cornstarch and salt in 2 quart saucepan.
- ☐ Whisk in milk gradually. Cook and stir over medium heat until mixture thickens.
- ☐ Remove from heat. Blend small amount of hot mixture into egg yolks. Blend back into hot mixture, stirring to combine. Cook and stir over medium heat until mixture boils.Boil for1 minute, stirring constantly.
- ☐ Remove from heat.
- ☐ Add chocolate, butter and vanilla. Stir until chocolate melts.
- ☐ Pour into prepared pie crust. Press plastic wrap onto surface of pie filling to prevent skin from forming. Refrigerate several hours until completely cool or overnight.When the pie is chilled, whip the cream and beat in the confectioners’ sugar and vanilla. Pipe it around the edges or spread it over the top.

Nutrition Facts



Properties

Glycemic Index:19.76, Glycemic Load:18.54, Inflammation Score:-5, Nutrition Score:7.9847826834606%

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: 425.88kcal (21.29%), Fat: 24.06g (37.02%), Saturated Fat: 12.99g (81.17%), Carbohydrates: 49.89g (16.63%), Net Carbohydrates: 48.14g (17.5%), Sugar: 32.6g (36.22%), Cholesterol: 89.02mg (29.67%), Sodium: 206.31mg (8.97%), Alcohol: 0.34g (100%), Alcohol %: 0.27% (100%), Caffeine: 5.67mg (1.89%), Protein: 5.73g (11.47%), Manganese: 0.4mg (20.04%), Phosphorus: 139.45mg (13.95%), Copper: 0.26mg (12.88%), Vitamin A: 620.79IU (12.42%), Vitamin B2: 0.21mg (12.36%), Calcium: 111.39mg (11.14%), Iron: 1.97mg (10.96%), Selenium: 6.51µg (9.31%), Magnesium: 36.2mg (9.05%), Vitamin D: 1.35µg (9.03%), Zinc: 1.2mg (8.02%), Vitamin B1: 0.12mg (7.76%), Vitamin B12: 0.46µg (7.68%), Fiber: 1.76g (7.02%), Folate: 24.25µg (6.06%), Potassium: 205.15mg (5.86%), Vitamin B5: 0.53mg (5.27%), Vitamin B3: 0.76mg (3.79%), Vitamin E: 0.57mg (3.78%), Vitamin B6: 0.07mg (3.74%), Vitamin K: 3.48µg (3.32%)