



Chocolate French Silk Pie

READY IN



195 min.

SERVINGS



15

CALORIES



246 kcal

DESSERT

Ingredients

- 1 9-inch deep-dish pie crust frozen thawed ()
- 0.8 cup cholesterol-free egg product
- 4 oz baker's semi-sweet chocolate (6 oz.)
- 0.7 cup sugar
- 10 Tbsp butter unsalted softened
- 1 tsp vanilla
- 1 cup cool whip whipped topping thawed

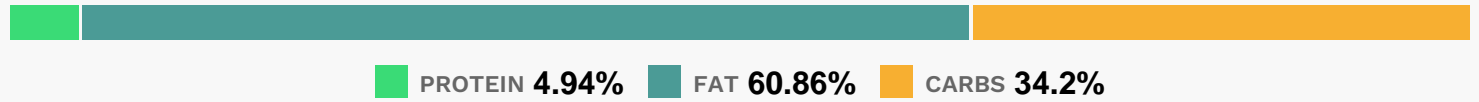
Equipment

- bowl
- oven
- hand mixer

Directions

- Bake pie crust as directed on package for unfilled one-crust pie; cool completely.
- Melt chocolate as directed on package; cool slightly. Beat butter and sugar in large bowl with electric mixer on medium speed 3 min. or until light and fluffy.
- Add melted chocolate and vanilla; mix well.
- Add egg product. Beat on high speed 2 min. or until light and fluffy. Spoon into pie crust.
- Refrigerate 3 hours or until chilled. Top with the whipped topping. Store leftover pie in refrigerator.

Nutrition Facts



Properties

Glycemic Index:4.67, Glycemic Load:6.21, Inflammation Score:-2, Nutrition Score:3.7839130370513%

Nutrients (% of daily need)

Calories: 245.76kcal (12.29%), Fat: 16.74g (25.76%), Saturated Fat: 8.7g (54.37%), Carbohydrates: 21.17g (7.06%), Net Carbohydrates: 20.36g (7.4%), Sugar: 12.91g (14.35%), Cholesterol: 66.1mg (22.03%), Sodium: 75.95mg (3.3%), Alcohol: 0.1g (100%), Alcohol %: 0.21% (100%), Caffeine: 6.5mg (2.17%), Protein: 3.06g (6.11%), Manganese: 0.18mg (8.83%), Selenium: 5.31µg (7.59%), Vitamin A: 309.66IU (6.19%), Phosphorus: 59.95mg (5.99%), Copper: 0.12mg (5.89%), Iron: 1.04mg (5.79%), Vitamin B2: 0.09mg (5.32%), Folate: 17.75µg (4.44%), Magnesium: 17.6mg (4.4%), Vitamin E: 0.6mg (4.02%), Vitamin K: 3.66µg (3.49%), Fiber: 0.82g (3.26%), Zinc: 0.44mg (2.94%), Vitamin B1: 0.04mg (2.87%), Vitamin B5: 0.27mg (2.74%), Vitamin D: 0.38µg (2.57%), Vitamin B12: 0.15µg (2.46%), Potassium: 81.26mg (2.32%), Vitamin B3: 0.46mg (2.3%), Calcium: 20.45mg (2.04%), Vitamin B6: 0.03mg (1.58%)