



Chocolate Fudge Pie

READY IN



290 min.

SERVINGS



10

CALORIES



472 kcal

Ingredients

- 6 ounces chocolate baking squares unsweetened chopped
- 10 servings garnish: raspberries fresh
- 15 oz piecrusts refrigerated
- 14 oz condensed milk fat-free sweetened canned
- 8 oz non-dairy whipped topping fat-free frozen divided thawed

Equipment

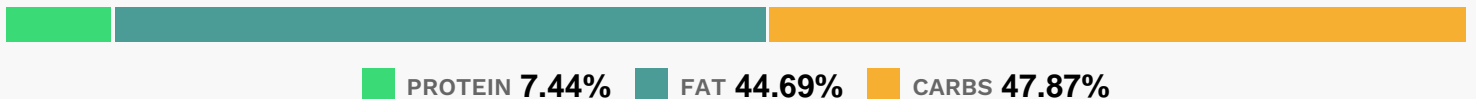
- bowl
- oven
- whisk

- wire rack
- aluminum foil
- microwave

Directions

- Preheat oven to 425
- Fit piecrust into a 9-inch pie plate according to package directions; fold edges under, and crimp. Line piecrust with aluminum foil, and fill with pie weights or dried beans.
- Bake at 425 for 8 minutes.
- Remove weights and foil, and bake 5 to 7 more minutes or until golden brown. Cool completely on a wire rack (about 15 minutes).
- Meanwhile, microwave chocolate in a large microwave-safe bowl at HIGH 1 to 1 1/2 minutes or until melted and smooth, stirring at 30-second intervals.
- Whisk in milk until smooth; let stand 2 minutes. Fold half of whipped topping into chocolate mixture until combined; pour mixture into crust.
- Cover and chill 4 to 8 hours.
- Spread remaining whipped topping over pie; garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:8.7, Glycemic Load:14.01, Inflammation Score:-6, Nutrition Score:16.731304210165%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 11.73mg, Catechin: 11.73mg, Catechin: 11.73mg, Catechin: 11.73mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 26.24mg, Epicatechin: 26.24mg, Epicatechin: 26.24mg, Epicatechin: 26.24mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg

gallate: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin:
0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 471.95kcal (23.6%), Fat: 24.96g (38.4%), Saturated Fat: 11.81g (73.83%), Carbohydrates: 60.15g (20.05%),
Net Carbohydrates: 52.27g (19.01%), Sugar: 28.03g (31.14%), Cholesterol: 17.12mg (5.71%), Sodium: 245.34mg
(10.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 13.61mg (4.54%), Protein: 9.35g (18.71%), Manganese:
1.3mg (65.06%), Copper: 0.65mg (32.3%), Fiber: 7.88g (31.51%), Iron: 4.56mg (25.34%), Vitamin B2: 0.42mg
(24.56%), Phosphorus: 231.89mg (23.19%), Magnesium: 87.33mg (21.83%), Vitamin C: 16.75mg (20.31%), Calcium:
177.47mg (17.75%), Zinc: 2.52mg (16.83%), Vitamin B1: 0.23mg (15.36%), Selenium: 10.48µg (14.97%), Folate: 55.35µg
(13.84%), Potassium: 444.77mg (12.71%), Vitamin B3: 1.9mg (9.52%), Vitamin K: 9.74µg (9.28%), Vitamin B12: 0.51µg
(8.5%), Vitamin B5: 0.7mg (6.96%), Vitamin E: 0.87mg (5.8%), Vitamin B6: 0.11mg (5.35%), Vitamin A: 165.89IU
(3.32%)