



Chocolate Fudge Pie

READY IN



290 min.

SERVINGS



10

CALORIES



432 kcal

Ingredients

- 14.1 oz pie crust dough refrigerated softened (2 Count)
- 6 oz baker's chocolate unsweetened chopped
- 14 oz condensed milk fat-free sweetened canned (not evaporated)
- 8 oz cool whip fat-free frozen thawed
- 1 serving raspberries fresh

Equipment

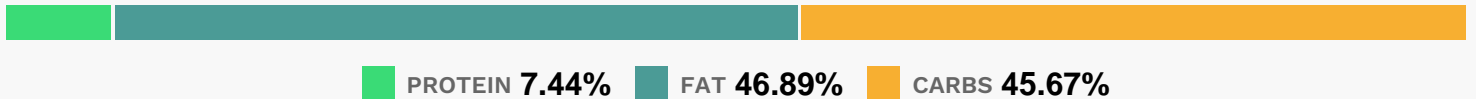
- bowl
- oven
- whisk

- wire rack
- aluminum foil
- microwave

Directions

- Heat oven to 425°F.
- Place pie crust in 9-inch glass pie plate as directed on box for One-Crust Filled Pie. Line pie crust with foil; fill with pie weights or dried beans.
- Bake 8 minutes.
- Remove weights and foil; bake 5 to 7 minutes longer or until golden brown. Cool completely on cooling rack, about 15 minutes.
- Meanwhile, in large microwavable bowl, microwave chocolate uncovered on High 1 minute to 1 minute 30 seconds, stirring every 30 seconds, until melted and smooth. Stir in condensed milk with whisk until smooth; let stand 2 minutes. Fold half of the whipped topping into chocolate mixture until blended; pour mixture into crust.
- Cover and refrigerate 4 to 8 hours.
- Spread remaining whipped topping over pie; garnish with raspberries.

Nutrition Facts



Properties

Glycemic Index:8.7, Glycemic Load:13.25, Inflammation Score:-5, Nutrition Score:13.029130583224%

Flavonoids

Cyanidin: 2.75mg, Cyanidin: 2.75mg, Cyanidin: 2.75mg, Cyanidin: 2.75mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 11.02mg, Catechin: 11.02mg, Catechin: 11.02mg, Catechin: 11.02mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 24.34mg, Epicatechin: 24.34mg, Epicatechin: 24.34mg, Epicatechin: 24.34mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 432.21kcal (21.61%), Fat: 23.94g (36.84%), Saturated Fat: 11.6g (72.47%), Carbohydrates: 52.49g (17.5%), Net Carbohydrates: 48.18g (17.52%), Sugar: 25.64g (28.49%), Cholesterol: 17.12mg (5.71%), Sodium: 234.37mg (10.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 13.61mg (4.54%), Protein: 8.55g (17.1%), Manganese: 0.93mg (46.4%), Copper: 0.6mg (29.78%), Vitamin B2: 0.39mg (23.1%), Iron: 4.12mg (22.9%), Phosphorus: 214.4mg (21.44%), Magnesium: 75.07mg (18.77%), Fiber: 4.3g (17.21%), Calcium: 163.49mg (16.35%), Zinc: 2.29mg (15.24%), Selenium: 10.22µg (14.6%), Vitamin B1: 0.21mg (13.74%), Folate: 42.23µg (10.56%), Potassium: 360.76mg (10.31%), Vitamin B12: 0.51µg (8.5%), Vitamin B3: 1.51mg (7.56%), Vitamin K: 5.34µg (5.09%), Vitamin B5: 0.51mg (5.08%), Vitamin B6: 0.08mg (3.8%), Vitamin C: 2.6mg (3.16%), Vitamin A: 148.04IU (2.96%), Vitamin E: 0.39mg (2.59%)