



## Chocolate Fudge Pie

READY IN



290 min.

SERVINGS



10

CALORIES



372 kcal

### Ingredients

- 10 servings raspberries fresh
- 1 pie crust dough refrigerated softened
- 14 oz condensed milk fat-free sweetened canned (not evaporated)
- 6 oz baker's chocolate unsweetened chopped
- 8 oz non-dairy whipped topping fat-free frozen thawed

### Equipment

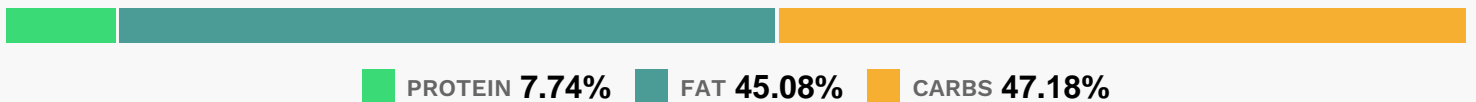
- bowl
- oven
- whisk

- wire rack
- aluminum foil
- microwave

## Directions

- Heat oven to 425F.
- 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:14.01, Inflammation Score:-6, Nutrition Score:14.293043312819%

## 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 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: 372.31kcal (18.62%), Fat: 20.14g (30.99%), Saturated Fat: 11.64g (72.77%), Carbohydrates: 47.42g (15.81%), Net Carbohydrates: 40.28g (14.65%), Sugar: 29.75g (33.06%), Cholesterol: 13.95mg (4.65%), Sodium: 140.95mg (6.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 13.61mg (4.54%), Protein: 7.78g (15.56%), Manganese: 1.19mg (59.42%), Copper: 0.62mg (31.24%), Fiber: 7.15g (28.59%), Iron: 3.91mg (21.74%), Phosphorus: 214.88mg (21.49%), Magnesium: 83.28mg (20.82%), Vitamin C: 16.75mg (20.31%), Calcium: 164.23mg (16.42%), Zinc: 2.36mg (15.75%), Vitamin B2: 0.25mg (14.95%), Selenium: 8.89µg (12.69%), Potassium: 418.42mg (11.95%), Vitamin B1: 0.13mg (8.75%), Folate: 34.31µg (8.58%), Vitamin K: 8.53µg (8.13%), Vitamin B5: 0.59mg (5.92%), Vitamin B3: 1.15mg (5.77%), Vitamin E: 0.85mg (5.63%), Vitamin B12: 0.22µg (3.67%), Vitamin B6: 0.07mg (3.54%), Vitamin A: 142.72IU (2.85%)