



Chocolate Fudge Pie

READY IN



45 min.

SERVINGS



10

CALORIES



372 kcal

DESSERT

Ingredients

- ☐ 1 cup brown sugar packed
- ☐ 1 tablespoon butter melted
- ☐ 0.3 cup light-colored corn syrup
- ☐ 2 large egg whites
- ☐ 2 large eggs
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.8 cup milk 2% reduced-fat
- ☐ 15 ounce pie dough refrigerated (such as Pillsbury)
- ☐ 0.5 cup cocoa unsweetened

- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup non-dairy whipped topping fat-free frozen thawed

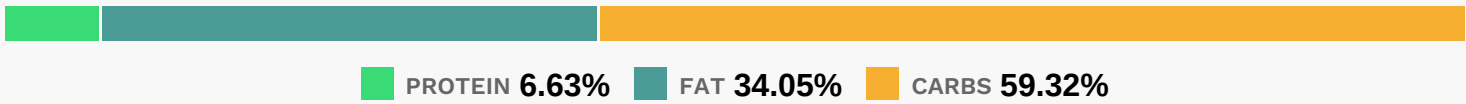
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Preheat oven to 35
- ☐ Fit dough into a 9-inch pie plate. Fold edges under; flute.
- ☐ Place pie plate in freezer until ready to use.
- ☐ Combine brown sugar, 1/2 cup cocoa, and flour in a large bowl.
- ☐ Combine milk and next 5 ingredients (milk through egg whites); stir with a whisk until well blended.
- ☐ Add milk mixture to brown sugar mixture; stir until combined.
- ☐ Pour mixture into crust.
- ☐ Bake at 350 for 40 minutes or until just set. Cool on a wire rack to room temperature. Cover; chill at least 4 hours.
- ☐ Spread whipped topping evenly over filling; sprinkle with 1/2 teaspoon cocoa, if desired.

Nutrition Facts



Properties

Glycemic Index:14.4, Glycemic Load:2.07, Inflammation Score:-3, Nutrition Score:7.1904348358512%

Flavonoids

Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg Epicatechin: 8.45mg, Epicatechin: 8.45mg, Epicatechin: 8.45mg, Epicatechin: 8.45mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg,

Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 371.58kcal (18.58%), Fat: 14.53g (22.35%), Saturated Fat: 5.29g (33.05%), Carbohydrates: 56.95g (18.98%), Net Carbohydrates: 54.24g (19.72%), Sugar: 32.38g (35.98%), Cholesterol: 42.83mg (14.28%), Sodium: 235.96mg (10.26%), Alcohol: 0.14g (100%), Alcohol %: 0.14% (100%), Caffeine: 9.89mg (3.3%), Protein: 6.37g (12.73%), Manganese: 0.38mg (18.95%), Vitamin B2: 0.24mg (14.18%), Selenium: 8.71µg (12.44%), Iron: 2.08mg (11.56%), Copper: 0.22mg (10.89%), Fiber: 2.7g (10.82%), Phosphorus: 106.4mg (10.64%), Vitamin B1: 0.16mg (10.35%), Folate: 39.9µg (9.98%), Magnesium: 34.64mg (8.66%), Calcium: 69.22mg (6.92%), Vitamin B3: 1.37mg (6.85%), Potassium: 195.15mg (5.58%), Zinc: 0.79mg (5.25%), Vitamin B12: 0.3µg (5.04%), Vitamin B5: 0.45mg (4.46%), Vitamin B6: 0.07mg (3.46%), Vitamin K: 3.4µg (3.24%), Vitamin A: 120.59IU (2.41%), Vitamin E: 0.35mg (2.33%), Vitamin D: 0.2µg (1.33%)