



WHATSheATE



Chocolate Icebox Pie

READY IN



28 min.

SERVINGS



8

CALORIES



640 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons butter
- ☐ 6 ounce ready-made chocolate crumb piecrust
- ☐ 2 tablespoons cornstarch
- ☐ 3 large eggs beaten
- ☐ 0.7 cup milk
- ☐ 1.6 ounce milk chocolate candy bar chopped
- ☐ 0.5 cup pecans toasted chopped
- ☐ 0.8 cup semisweet chocolate morsels
- ☐ 0.3 cup sugar

- ☐ 14 ounce condensed milk sweetened canned
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup water cold
- ☐ 1 cup whipping cream

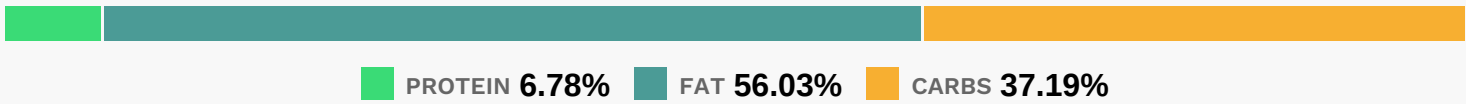
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ hand mixer

Directions

- ☐ Heat milk until it just begins to bubble around the edges in a 3-quart saucepan over medium heat (do not boil).
- ☐ Remove from heat, and whisk in chocolate morsels until melted. Cool slightly.
- ☐ Stir together cold water and cornstarch until dissolved.
- ☐ Whisk cornstarch mixture, sweetened condensed milk, eggs, and vanilla into chocolate mixture. Bring to a boil over medium heat, whisking constantly. Boil 1 minute or until mixture thickens and is smooth. (Do not overcook.)
- ☐ Remove from heat, and whisk in butter. Spoon mixture into piecrust. Cover and chill at least 8 hours.
- ☐ Beat whipping cream at high speed with an electric mixer until foamy; gradually add sugar, beating until soft peaks form.
- ☐ Spread whipped cream evenly over pie filling, and sprinkle with pecans and candy bar pieces.

Nutrition Facts



Properties

Glycemic Index:27.71, Glycemic Load:22.5, Inflammation Score:-6, Nutrition Score:13.435652271561%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg

Nutrients (% of daily need)

Calories: 640.08kcal (32%), Fat: 40.53g (62.35%), Saturated Fat: 18.38g (114.9%), Carbohydrates: 60.53g (20.18%), Net Carbohydrates: 57.67g (20.97%), Sugar: 44.5g (49.44%), Cholesterol: 123.69mg (41.23%), Sodium: 245.08mg (10.66%), Alcohol: 0.17g (100%), Alcohol %: 0.11% (100%), Caffeine: 18.14mg (6.05%), Protein: 11.03g (22.07%), Manganese: 0.66mg (33.15%), Phosphorus: 288.06mg (28.81%), Vitamin B2: 0.45mg (26.24%), Selenium: 17.51µg (25.02%), Calcium: 218.59mg (21.86%), Copper: 0.37mg (18.36%), Vitamin A: 904.24IU (18.08%), Magnesium: 67.36mg (16.84%), Iron: 2.41mg (13.38%), Potassium: 431.99mg (12.34%), Vitamin B1: 0.18mg (12%), Zinc: 1.8mg (12%), Fiber: 2.86g (11.42%), Vitamin B5: 1.02mg (10.15%), Vitamin B12: 0.58µg (9.64%), Folate: 32.06µg (8.01%), Vitamin D: 1.17µg (7.83%), Vitamin E: 1.03mg (6.87%), Vitamin B6: 0.11mg (5.68%), Vitamin B3: 0.99mg (4.97%), Vitamin K: 4.72µg (4.49%), Vitamin C: 1.55mg (1.88%)