

Chocolate Irish Cream Pie

READY IN



240 min.

SERVINGS



8

CALORIES



396 kcal

Ingredients

- 1.5 cups chocolate graham cracker crumbs finely
- 2 cups ice-cream chocolate shell melted (yield after melting)
- 5.9 ounces chocolate pudding instant
- 0.3 cup baileys irish cream
- 6 ounces bittersweet chocolate
- 2 tablespoons butter unsalted

Equipment

- bowl
- oven

- whisk
- spatula

Directions

- Adjust oven rack to center position and preheat oven to 375°F.
- Mix graham cracker crumbs and melted butter until well blended. Press mixture into an 8 or 9-inch pie plate.
- Bake for 7 minutes.
- Let cool at room temperature until it is no longer hot, about 5 minutes.
- Transfer to refrigerator until well chilled, at least 30 minutes.
- Firmly and quickly whisk together the melted chocolate ice cream, Irish cream, and pudding mix. The mixture will begin to thicken quite rapidly.
- Spread the mixture into the prepared pie shell.
- Put the filled pie shell in the freezer for an hour.
- Fifteen minutes before freezing is done, combine chocolate and butter in bowl set over simmering water. Stir with a rubber spatula until smooth and melted. Gently spread on top of frozen pudding pie, making sure to spread gently and in only one direction so that the delicate pudding layer is not torn.
- Return the pie to the refrigerator and let set for 2–3 hours.
- Serve chilled, with whipped cream and a dusting of cocoa powder, if desired.

Nutrition Facts

■ PROTEIN **4.49%** ■ FAT **42.58%** ■ CARBS **52.93%**

Properties

Glycemic Index:6.25, Glycemic Load:4.45, Inflammation Score:-3, Nutrition Score:5.8782608081465%

Nutrients (% of daily need)

Calories: 395.87kcal (19.79%), Fat: 18.58g (28.59%), Saturated Fat: 9.98g (62.4%), Carbohydrates: 51.98g (17.33%), Net Carbohydrates: 49.13g (17.87%), Sugar: 36.03g (40.03%), Cholesterol: 20.02mg (6.67%), Sodium: 382.6mg (16.63%), Alcohol: 1g (100%), Alcohol %: 1.24% (100%), Caffeine: 20.74mg (6.91%), Protein: 4.41g (8.81%), Manganese: 0.4mg (20.24%), Copper: 0.38mg (19.22%), Magnesium: 56.47mg (14.12%), Fiber: 2.85g (11.4%), Iron: 1.92mg

(10.67%), Phosphorus: 106.49mg (10.65%), Potassium: 252.91mg (7.23%), Zinc: 0.89mg (5.92%), Calcium: 52.5mg (5.25%), Vitamin B2: 0.09mg (5.13%), Vitamin A: 235.38IU (4.71%), Selenium: 3.17µg (4.53%), Vitamin B5: 0.26mg (2.56%), Vitamin B12: 0.14µg (2.33%), Vitamin E: 0.32mg (2.14%), Vitamin K: 2.19µg (2.08%), Vitamin B1: 0.02mg (1.53%), Vitamin B3: 0.3mg (1.52%), Folate: 6.01µg (1.5%), Vitamin B6: 0.03mg (1.4%)