



Chocolate Malted Pie

READY IN



170 min.

SERVINGS



10

CALORIES



1103 kcal

DESSERT

Ingredients

- ☐ 4 ounce bittersweet chocolate
- ☐ 2 tablespoons chocolate syrup
- ☐ 9 inch graham cracker crust prepared
- ☐ 1 cup heavy whipping cream
- ☐ 7 ounce non-instant chocolate pudding mix
- ☐ 0.8 cup chocolate covered malted milk balls cut into pieces
- ☐ 0.3 cup liquid malt extract
- ☐ 3 cups milk
- ☐ 1 teaspoon sugar white

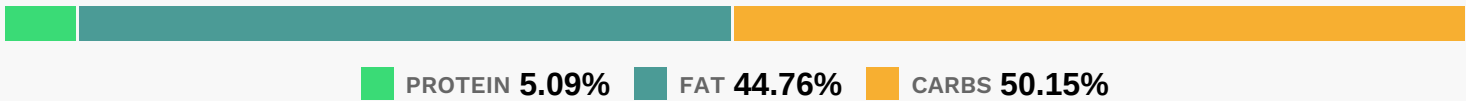
Equipment

☐ hand mixer

Directions

- ☐ Cook pudding according to package directions, using the 3 cups of milk.
- ☐ Remove from heat.
- ☐ Add bittersweet chocolate, and stir in malted milk powder. Cool mixture for 5 minutes, stirring often, then pour into crumb crust. Cover and refrigerate for 2 hours.
- ☐ Up to one hour before serving: beat cream and sugar with electric mixer until soft peaks form when beaters are lifted.
- ☐ Spread whipped cream over chocolate filling. Chop the malted milk balls into 3 or 4 pieces each, and sprinkle on top of the pie.
- ☐ Drizzle pie with the chocolate syrup. Refrigerate until serving time.

Nutrition Facts



Properties

Glycemic Index:10.81, Glycemic Load:1.58, Inflammation Score:-7, Nutrition Score:22.890434853409%

Nutrients (% of daily need)

Calories: 1102.7kcal (55.13%), Fat: 54.94g (84.52%), Saturated Fat: 17.81g (111.33%), Carbohydrates: 138.51g (46.17%), Net Carbohydrates: 133.86g (48.68%), Sugar: 58.37g (64.86%), Cholesterol: 39.61mg (13.2%), Sodium: 1097.31mg (47.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 11.38mg (3.79%), Protein: 14.05g (28.1%), Manganese: 2.24mg (112.14%), Phosphorus: 364.16mg (36.42%), Vitamin B2: 0.61mg (36.16%), Vitamin K: 36.2µg (34.48%), Copper: 0.6mg (30.2%), Vitamin B3: 5.88mg (29.42%), Iron: 5.15mg (28.63%), Folate: 107.31µg (26.83%), Vitamin B1: 0.4mg (26.78%), Magnesium: 89.72mg (22.43%), Vitamin E: 3.22mg (21.44%), Calcium: 200.44mg (20.04%), Zinc: 2.86mg (19.04%), Fiber: 4.65g (18.58%), Potassium: 528.04mg (15.09%), Selenium: 9.81µg (14.02%), Vitamin B6: 0.23mg (11.56%), Vitamin A: 505.98IU (10.12%), Vitamin B12: 0.56µg (9.37%), Vitamin D: 1.19µg (7.91%), Vitamin B5: 0.73mg (7.3%)