

Chocolate pie

 Vegetarian

READY IN



35 min.

SERVINGS



6

CALORIES



469 kcal

DESSERT

Ingredients

- 4 tablespoons cocoa powder
- 4 egg yolk
- 6 tablespoons flour
- 3 cups milk
- 1 pinch salt
- 2.5 cups sugar
- 1 teaspoon vanilla

Equipment

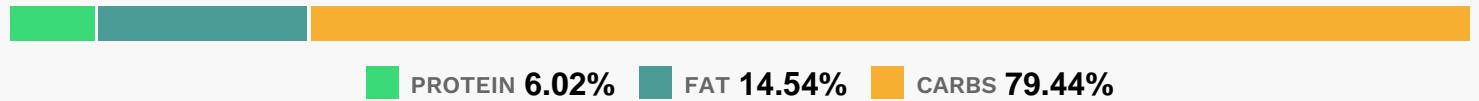
oven

Directions

Mix all together.Cook until thick.

Pour into baked pie shell.Cover with meringue.Meringue: Beat 3 egg whites until foamy.Begin adding 6 tablespoons sugar gradually.Continue beating until mixture is shiny and stiff peaks form.Brown lightly in 370 degree oven for about 8 minutes.Watch to prevent burning.

Nutrition Facts



Properties

Glycemic Index:30.52, Glycemic Load:64.48, Inflammation Score:-3, Nutrition Score:8.6960869975712%

Flavonoids

Catechin: 2.16mg, Catechin: 2.16mg, Catechin: 2.16mg, Catechin: 2.16mg Epicatechin: 6.55mg, Epicatechin: 6.55mg, Epicatechin: 6.55mg, Epicatechin: 6.55mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 469.49kcal (23.47%), Fat: 7.88g (12.12%), Saturated Fat: 3.7g (23.1%), Carbohydrates: 96.87g (32.29%), Net Carbohydrates: 95.43g (34.7%), Sugar: 89.26g (99.18%), Cholesterol: 144.24mg (48.08%), Sodium: 60.32mg (2.62%), Alcohol: 0.23g (100%), Alcohol %: 0.13% (100%), Caffeine: 7.67mg (2.56%), Protein: 7.34g (14.68%), Phosphorus: 202.63mg (20.26%), Selenium: 12.56µg (17.94%), Vitamin B2: 0.29mg (17.25%), Calcium: 171.84mg (17.18%), Vitamin B12: 0.89µg (14.88%), Vitamin D: 1.99µg (13.27%), Vitamin B1: 0.15mg (10.07%), Manganese: 0.2mg (9.77%), Vitamin B5: 0.86mg (8.55%), Magnesium: 33.6mg (8.4%), Folate: 32.31µg (8.08%), Copper: 0.15mg (7.7%), Vitamin A: 370.68IU (7.41%), Potassium: 257.43mg (7.36%), Zinc: 1.06mg (7.1%), Iron: 1.18mg (6.56%), Vitamin B6: 0.12mg (6.19%), Fiber: 1.44g (5.74%), Vitamin B3: 0.65mg (3.25%), Vitamin E: 0.38mg (2.52%)