



Chocolate Pudding Pie

READY IN



300 min.

SERVINGS



8

CALORIES



467 kcal

DESSERT

Ingredients

- ☐ 4 ounces bittersweet chocolate 60% finely chopped (not more than cacao)
- ☐ 0.3 cup cornstarch
- ☐ 1.3 cups flour all-purpose
- ☐ 1 cup heavy cream chilled
- ☐ 3 tablespoons ice water
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar divided
- ☐ 0.8 stick butter unsalted cold cut into 1/2-inch cubes
- ☐ 3 tablespoons cocoa powder unsweetened

- ☐ 1 teaspoon vanilla extract pure
- ☐ 2 tablespoons vegetable shortening cold
- ☐ 3 cups milk whole

Equipment

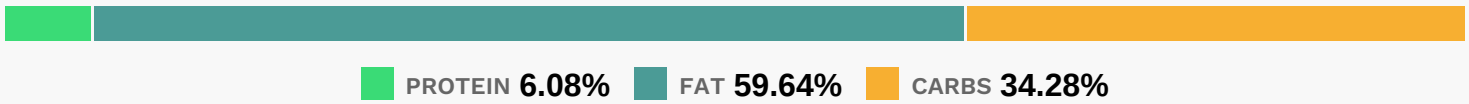
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ wax paper
- ☐ rolling pin

Directions

- ☐ Blend together flour, butter, shortening, and salt in a bowl with your fingertips or a pastry blender (or pulse in a food processor) just until mixture resembles coarse meal with some roughly pea-size butter lumps.
- ☐ Drizzle 2 tablespoons ice water evenly over mixture and gently stir with a fork (or pulse) until incorporated.
- ☐ Squeeze a small handful of dough: If dough doesn't hold together, add more ice water, 1 tablespoon at a time, stirring until incorporated. (Do not overwork dough or pastry will be tough.)
- ☐ Turn out dough onto a lightly floured surface and divide into 4 portions. With heel of your hand, smear each portion once or twice in a forward motion to help distribute fat. Gather all of dough together, with a pastry scraper if you have one, and form into a 5-inch disk. Chill, wrapped in plastic wrap, until firm, at least 1 hour.

- ☐ Roll out dough on a lightly floured surface with a lightly floured rolling pin into an 11-inch round, then fit into a 9-inch pie plate. Trim edge, leaving a 1/2-inch overhang, then fold overhang under and crimp edge decoratively. Prick bottom and side of shell all over with a fork, then chill shell 30 minutes.
- ☐ While shell chills, preheat oven to 375°F with a baking sheet on middle rack.
- ☐ Line shell with foil and fill with pie weights.
- ☐ Bake on baking sheet until pastry is set and edge is pale golden, about 25 minutes. Carefully remove weights and foil, then bake shell on baking sheet until pale golden all over, 15 to 20 minutes more. Cool shell.
- ☐ Whisk together cornstarch, 1/3 cup sugar, cocoa powder, and salt in a 2-quart heavy saucepan, then gradually whisk in milk. Bring to a boil over medium heat, whisking constantly, then boil, whisking, 2 minutes (mixture will thicken).
- ☐ Remove from heat and whisk in chocolate and vanilla until smooth.
- ☐ Pour filling into cooled shell and chill, its surface covered with wax paper (if you want to prevent a skin from forming), until cold, at least 2 hours.
- ☐ Just before serving, beat cream with remaining 2 tablespoons sugar until it just holds soft peaks. Spoon onto pie.
- ☐ Pastry dough can be chilled up to 2 days. Pie (without whipped cream) can be chilled up to 1 day.

Nutrition Facts



Properties

Glycemic Index:22.89, Glycemic Load:18.22, Inflammation Score:-6, Nutrition Score:10.457391312589%

Flavonoids

Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg Epicatechin: 3.68mg, Epicatechin: 3.68mg, Epicatechin: 3.68mg, Epicatechin: 3.68mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 466.5kcal (23.32%), Fat: 31.37g (48.26%), Saturated Fat: 18.09g (113.07%), Carbohydrates: 40.56g (13.52%), Net Carbohydrates: 38.17g (13.88%), Sugar: 18.95g (21.05%), Cholesterol: 68.22mg (22.74%), Sodium: 119.74mg (5.21%), Alcohol: 0.17g (100%), Alcohol %: 0.12% (100%), Caffeine: 16.5mg (5.5%), Protein: 7.2g (14.4%),

Manganese: 0.4mg (20.06%), Phosphorus: 184.47mg (18.45%), Vitamin B2: 0.3mg (17.4%), Vitamin A: 857.38IU (17.15%), Selenium: 10.98µg (15.68%), Calcium: 149.3mg (14.93%), Vitamin B1: 0.22mg (14.52%), Copper: 0.29mg (14.29%), Magnesium: 52.11mg (13.03%), Iron: 2.12mg (11.78%), Vitamin D: 1.64µg (10.94%), Vitamin B12: 0.59µg (9.75%), Fiber: 2.39g (9.56%), Folate: 37.85µg (9.46%), Potassium: 298.87mg (8.54%), Zinc: 1.1mg (7.34%), Vitamin B3: 1.43mg (7.17%), Vitamin B5: 0.58mg (5.84%), Vitamin E: 0.86mg (5.72%), Vitamin K: 4.8µg (4.57%), Vitamin B6: 0.08mg (4.12%)