



Chocolate Pudding Pie with Salted Peanut Crust

READY IN



40 min.

SERVINGS



10

CALORIES



262 kcal

DESSERT

Ingredients

- ☐ 1.5 ounces bittersweet chocolate finely chopped
- ☐ 2 tablespoons cornstarch
- ☐ 2.5 oz graham cracker crumbs finely (ground in a food processor)
- ☐ 2 tablespoons roasted peanuts salted
- ☐ 0.1 teaspoon salt
- ☐ 3 ounces bittersweet chocolate finely chopped
- ☐ 2 tablespoons sugar
- ☐ 2.3 oz sugar

- ☐ 1 oz roasted peanuts (salted with a rolling pin) crushed finely
- ☐ 2 oz butter (unsalted melted)
- ☐ 1 oz cocoa powder (unsweetened)
- ☐ 1 teaspoon vanilla extract (pure)
- ☐ 10 servings whipped cream
- ☐ 1.8 cups milk (whole)

Equipment

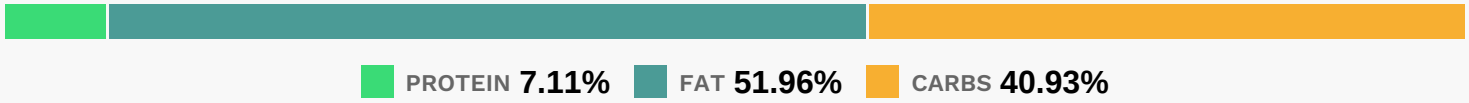
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ wooden spoon
- ☐ spatula
- ☐ pastry brush

Directions

- ☐ Position rack in lower third of the oven; preheat to 350F.
- ☐ To make the crust: Blend peanuts, sugar, graham cracker crumbs, and butter in mixing bowl until moistened.
- ☐ Spread in a 9-inch pie plate, using the bottom of a glass to press evenly over the bottom and up the sides.
- ☐ Bake until crust begins to set and colors slightly (12-14 minutes). If it puffs up while baking, press gently with the back of a fork.
- ☐ Remove from oven, sprinkle chopped chocolate over bottom, and let soften for 1-2 minutes. With a pastry brush or back of a spoon, spread chocolate evenly all over. Cool, then chill until chocolate sets (about 30 minutes).
- ☐ Whisk sugar, cocoa, cornstarch, and salt in a heavy medium saucepan.
- ☐ Add 3 TBSP of milk; whisk into a smooth paste.

- ☐
- Whisk in remaining milk. Cook over medium heat, stirring constantly with a wooden spoon or spatula, scraping sides, until it thickens and bubbles at edges (about 5–8 minutes). Continue to cook and stir for 1 minute; add chocolate and stir briskly until melted and pudding is smooth (30 seconds more).
- ☐
- Remove from heat; stir in vanilla.
- ☐
- Scrape into crust and level it with a spatula.
- ☐
- Let cool for 1 hour, then refrigerate. Once filling is cool, cover and chill for several hours, or overnight. Top with Classic Whipped Cream; sprinkle with peanuts, if desired.

Nutrition Facts



Properties

Glycemic Index:30.72, Glycemic Load:11.27, Inflammation Score:-4, Nutrition Score:6.5173913810564%

Flavonoids

Catechin: 1.84mg, Catechin: 1.84mg, Catechin: 1.84mg, Catechin: 1.84mg Epicatechin: 5.57mg, Epicatechin: 5.57mg, Epicatechin: 5.57mg, Epicatechin: 5.57mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 261.99kcal (13.1%), Fat: 15.68g (24.13%), Saturated Fat: 8.05g (50.32%), Carbohydrates: 27.8g (9.27%), Net Carbohydrates: 25.05g (9.11%), Sugar: 17.94g (19.93%), Cholesterol: 22.64mg (7.55%), Sodium: 116.18mg (5.05%), Alcohol: 0.14g (100%), Alcohol %: 0.19% (100%), Caffeine: 17.49mg (5.83%), Protein: 4.83g (9.66%), Manganese: 0.4mg (19.79%), Copper: 0.3mg (15.22%), Magnesium: 54.9mg (13.72%), Phosphorus: 137.07mg (13.71%), Fiber: 2.76g (11.02%), Iron: 1.62mg (9%), Calcium: 82.1mg (8.21%), Potassium: 240.55mg (6.87%), Zinc: 0.97mg (6.47%), Vitamin B3: 1.21mg (6.06%), Vitamin B2: 0.1mg (5.94%), Vitamin A: 258.34IU (5.17%), Vitamin B12: 0.28µg (4.68%), Vitamin B1: 0.06mg (4.28%), Selenium: 2.89µg (4.13%), Vitamin D: 0.58µg (3.86%), Vitamin B5: 0.3mg (2.97%), Vitamin B6: 0.06mg (2.8%), Folate: 10.61µg (2.65%), Vitamin E: 0.27mg (1.8%), Vitamin K: 1.63µg (1.55%)