



Chocolate Silk Pie

READY IN



45 min.

SERVINGS



8

CALORIES



582 kcal

DESSERT

Ingredients

- ☐ 7 ounces crème-filled chocolate sandwich cookies (17 cookies)
- ☐ 2 cups cup heavy whipping cream
- ☐ 2 cups marshmallows miniature
- ☐ 8 ounces bittersweet chocolate chopped
- ☐ 1 tablespoon sugar
- ☐ 4 tablespoons butter unsalted melted
- ☐ 3 tablespoons cocoa powder unsweetened sifted

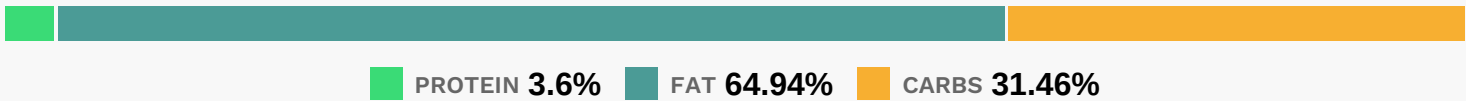
Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ pie form

Directions

- ☐ Preheat oven to 350F. Grind cookies in a food processor.
- ☐ Mix in butter until crumbs are moistened. Press into a 9-inch pie pan. Chill for 15 minutes.
- ☐ Bake until set, 10 to 12 minutes.
- ☐ Let cool on a wire rack.
- ☐ In a saucepan over medium-low heat, stir 1/4 cup cream, chocolate and marshmallows until smooth, 5 minutes.
- ☐ Remove from heat and let cool for 15 minutes.
- ☐ Whip 1 cup cream until soft peaks form.
- ☐ Add cocoa; beat until stiff peaks form. Stir a third of whipped cream into chocolate mixture; gently fold chocolate mixture into whipped cream. Spoon mixture into pie shell; smooth top. Chill until set, about 2 hours.
- ☐ Whip remaining cream with sugar; serve with pie.

Nutrition Facts



Properties

Glycemic Index:16.32, Glycemic Load:7.19, Inflammation Score:-7, Nutrition Score:10.834782639275%

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: 581.53kcal (29.08%), Fat: 43.04g (66.22%), Saturated Fat: 25.09g (156.79%), Carbohydrates: 46.91g (15.64%), Net Carbohydrates: 43.22g (15.71%), Sugar: 30.97g (34.42%), Cholesterol: 83.99mg (28%), Sodium: 126.33mg (5.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 29.93mg (9.98%), Protein: 5.37g (10.74%), Manganese: 0.62mg (30.88%), Iron: 5.14mg (28.58%), Copper: 0.53mg (26.38%), Vitamin A: 1064.25IU (21.29%), Magnesium: 75.47mg (18.87%), Phosphorus: 147.73mg (14.77%), Fiber: 3.69g (14.77%), Vitamin B2: 0.19mg (11.3%), Vitamin K: 11.28µg (10.74%), Vitamin E: 1.49mg (9.94%), Potassium: 306.15mg (8.75%), Selenium: 6.02µg (8.59%), Zinc: 1.22mg (8.11%), Vitamin D: 1.06µg (7.05%), Calcium: 66.53mg (6.65%), Vitamin B3: 0.97mg (4.87%), Vitamin B1: 0.07mg (4.79%), Folate: 18.45µg (4.61%), Vitamin B5: 0.32mg (3.24%), Vitamin B12: 0.16µg (2.64%), Vitamin B6: 0.04mg (1.95%)