



Chocolate Silk Pie with Marshmallow Meringue

READY IN



135 min.

SERVINGS



15

CALORIES



226 kcal

Ingredients

- 5 oz baker's bittersweet chocolate divided
- 4 oz philadelphia cream cheese softened ()
- 3.9 oz jell-o chocolate flavor pudding instant
- 7 oz marshmallow crème jet-puffed divided
- 1 cup milk cold
- 6 oz oreo pie crust
- 1 cup cool whip whipped topping thawed

Equipment

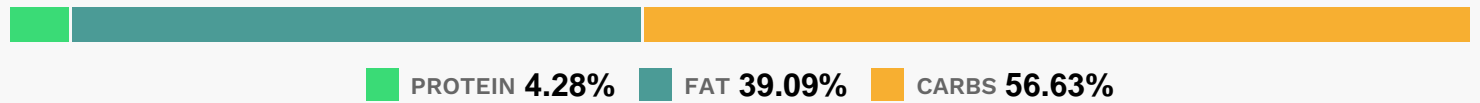
- bowl

- blender
- microwave

Directions

- Microwave 4 oz. chocolate in medium microwaveable bowl on HIGH 1 to 1-1/2 min. or until melted, stirring after 1 min.
- Add cream cheese, half the marshmallow creme, dry pudding mix and milk; beat with mixer until blended.
- Pour into crust.
- Beat remaining marshmallow creme with COOL WHIP in separate bowl until blended; spread over chocolate layer in crust.
- Refrigerate 2 hours or until firm. Meanwhile, use remaining chocolate to make chocolate curls. Refrigerate until ready to use.
- Garnish pie with chocolate curls before serving.

Nutrition Facts



Properties

Glycemic Index:4.33, Glycemic Load:0.4, Inflammation Score:-2, Nutrition Score:3.261304386284%

Nutrients (% of daily need)

Calories: 226.31kcal (11.32%), Fat: 10.04g (15.44%), Saturated Fat: 5.1g (31.9%), Carbohydrates: 32.71g (10.9%), Net Carbohydrates: 31.49g (11.45%), Sugar: 22.11g (24.56%), Cholesterol: 10.25mg (3.42%), Sodium: 197.29mg (8.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 8.64mg (2.88%), Protein: 2.47g (4.95%), Manganese: 0.15mg (7.69%), Phosphorus: 73.74mg (7.37%), Copper: 0.15mg (7.3%), Magnesium: 26.22mg (6.55%), Iron: 1.04mg (5.76%), Fiber: 1.23g (4.9%), Vitamin B2: 0.08mg (4.42%), Calcium: 37.63mg (3.76%), Potassium: 124.35mg (3.55%), Vitamin B1: 0.05mg (3.23%), Selenium: 2.06µg (2.94%), Vitamin A: 136.31IU (2.73%), Zinc: 0.41mg (2.7%), Folate: 8.99µg (2.25%), Vitamin B12: 0.13µg (2.19%), Vitamin B3: 0.4mg (2.02%), Vitamin B5: 0.13mg (1.34%), Vitamin D: 0.18µg (1.19%), Vitamin K: 1.16µg (1.1%), Vitamin E: 0.16mg (1.06%)