



Chocolate Two-Cheese Pie

READY IN



200 min.

SERVINGS



20

CALORIES



99 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup cool whip free whipped topping thawed
- 1.5 cups polly-o free natural nonfat ricotta cheese
- 1 env. knox gelatine unflavored
- 4 oz philadelphia neufchatel cheese softened ()
- 6 oz oreo pie crust
- 0.5 cup sugar
- 0.3 cup cocoa powder unsweetened
- 0.3 cup water

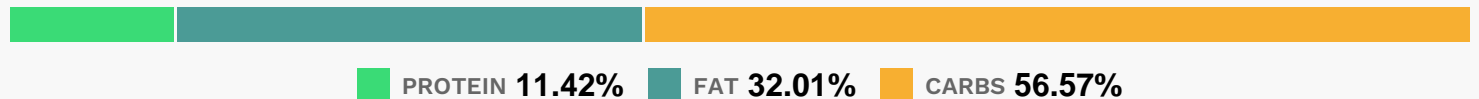
Equipment

- food processor
- blender
- microwave
- measuring cup

Directions

- Sprinkle gelatine over water in 1-cup microwavable measuring cup; let stand 1 minute. Microwave on HIGH 40 seconds or until gelatine is dissolved; stir.
- Let stand 3 minutes.
- Place ricotta cheese, Neufchatel, sugar and cocoa powder in food processor or blender container; cover. Process until smooth. Gradually add gelatine mixture through feed cap, processing until well blended.
- Pour into crust.
- Refrigerate several hours or until firm. Top with whipped topping just before serving. Store leftover pie in refrigerator.

Nutrition Facts



Properties

Glycemic Index:4.85, Glycemic Load:3.55, Inflammation Score:-1, Nutrition Score:1.5760869519866%

Flavonoids

Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg Epicatechin: 2.82mg, Epicatechin: 2.82mg, Epicatechin: 2.82mg, Epicatechin: 2.82mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 99.05kcal (4.95%), Fat: 3.57g (5.49%), Saturated Fat: 1.37g (8.59%), Carbohydrates: 14.18g (4.73%), Net Carbohydrates: 13.49g (4.9%), Sugar: 8.83g (9.81%), Cholesterol: 7.75mg (2.58%), Sodium: 84.73mg (3.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.3mg (1.1%), Protein: 2.86g (5.73%), Calcium: 42.2mg (4.22%), Phosphorus: 32.65mg (3.27%), Vitamin B2: 0.05mg (3.12%), Copper: 0.06mg (2.92%), Manganese: 0.06mg (2.79%),

Fiber: 0.7g (2.79%), Magnesium: 10.53mg (2.63%), Iron: 0.46mg (2.55%), Vitamin B1: 0.03mg (2.17%), Folate: 7.86µg (1.96%), Vitamin B3: 0.27mg (1.33%), Potassium: 45.02mg (1.29%), Vitamin B12: 0.07µg (1.21%), Vitamin A: 54.25IU (1.08%), Zinc: 0.16mg (1.04%)