



Coconut Chocolate Dream Pie

 Dairy Free

READY IN



145 min.

SERVINGS



8

CALORIES



1157 kcal

DESSERT

Ingredients

- 0.3 teaspoon almond extract
- 0.5 cup coconut or flaked
- 9 inch graham cracker crust prepared
- 1 tablespoon maple syrup
- 1 tablespoon orange juice concentrate frozen
- 0.5 cup rice milk
- 1 cup semi-sweet chocolate chips
- 10 ounce silken tofu

0.5 teaspoon vanilla extract

Equipment

food processor

frying pan

blender

Directions

In heavy pan over medium-high heat, toast coconut until lightly browned.

Remove 1 tablespoon of the coconut for garnish.

Add rice milk and orange juice concentrate. Bring the mixture to a simmer, then stir in chocolate chips.

Remove from heat, and continue stirring until the chips are melted and the mixture is smooth.

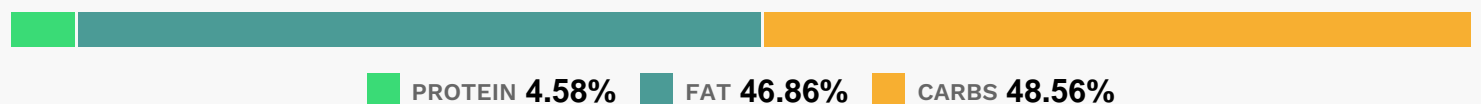
Pour maple syrup, vanilla extract, almond extract and tofu into an electric blender or food processor; blend until the mixture is creamy.

Add chocolate mixture to the blender, and blend until the mixture is combined.

Pour the filling into the pie crust. Cover, and chill for 2 or more hours.

Garnish with the reserved coconut before serving.

Nutrition Facts



Properties

Glycemic Index:14.44, Glycemic Load:1.85, Inflammation Score:-6, Nutrition Score:22.491304318542%

Nutrients (% of daily need)

Calories: 1157.44kcal (57.87%), Fat: 60.32g (92.81%), Saturated Fat: 17.55g (109.68%), Carbohydrates: 140.67g (46.89%), Net Carbohydrates: 134.37g (48.86%), Sugar: 46.28g (51.43%), Cholesterol: 1.31mg (0.44%), Sodium: 912.8mg (39.69%), Alcohol: 0.13g (100%), Alcohol %: 0.06% (100%), Caffeine: 18.81mg (6.27%), Protein: 13.27g (26.53%), Manganese: 2.96mg (147.82%), Vitamin K: 43.29µg (41.23%), Copper: 0.82mg (40.82%), Iron: 6.83mg (37.95%), Vitamin B3: 6.5mg (32.52%), Folate: 126.21µg (31.55%), Phosphorus: 314.7mg (31.47%), Vitamin B2: 0.47mg (27.82%), Vitamin B1: 0.4mg (26.95%), Fiber: 6.3g (25.21%), Magnesium: 98.76mg (24.69%), Vitamin E:

3.7mg (24.68%), Zinc: 3.28mg (21.88%), Potassium: 450.58mg (12.87%), Selenium: 7.8µg (11.14%), Vitamin B6: 0.18mg (8.88%), Calcium: 86.36mg (8.64%), Vitamin B5: 0.46mg (4.59%), Vitamin C: 2.76mg (3.35%)