



## Creamy Chocolate Mousse Pie

READY IN



210 min.

SERVINGS



8

CALORIES



1395 kcal

DESSERT

### Ingredients

- 2 cups heavy whipping cream
- 1.5 cups marshmallows miniature
- 0.5 cup milk
- 7 ounce bar milk chocolate candy
- 9 inch pie shell

### Equipment

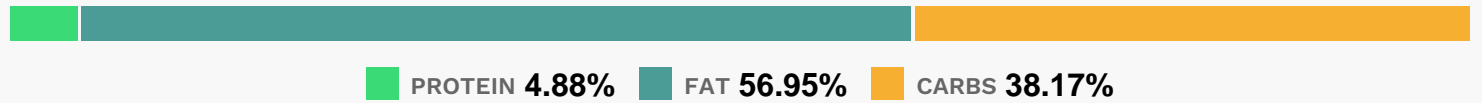
- bowl
- sauce pan

whisk

## Directions

- Heat marshmallows, chocolate candy, and milk in a saucepan over low heat until marshmallows and chocolate are melted, stirring constantly. Allow mixture to cool completely.
- Beat heavy cream in a large bowl until until stiff peaks form. Lift your beater or whisk straight up: the whipped cream will form sharp peaks. Gently fold cooled chocolate mixture in whipped cream until well mixed; pour into baked pie shell. Refrigerate until set, about 3 hours.

## Nutrition Facts



## Properties

Glycemic Index:17.64, Glycemic Load:10.68, Inflammation Score:-7, Nutrition Score:19.990434923898%

## Nutrients (% of daily need)

Calories: 1395.28kcal (69.76%), Fat: 89.13g (137.12%), Saturated Fat: 37.31g (233.2%), Carbohydrates: 134.4g (44.8%), Net Carbohydrates: 127.4g (46.33%), Sugar: 20.64g (22.93%), Cholesterol: 69.07mg (23.02%), Sodium: 953.58mg (41.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 16.37mg (5.46%), Protein: 17.19g (34.37%), Manganese: 1.12mg (55.95%), Vitamin B1: 0.64mg (42.95%), Folate: 160.72µg (40.18%), Iron: 6.62mg (36.75%), Vitamin B2: 0.57mg (33.83%), Vitamin B3: 6.3mg (31.51%), Fiber: 7g (27.99%), Phosphorus: 249.13mg (24.91%), Selenium: 15.75µg (22.51%), Vitamin K: 19.94µg (18.99%), Vitamin A: 901.6IU (18.03%), Magnesium: 67.96mg (16.99%), Copper: 0.33mg (16.35%), Vitamin B5: 1.14mg (11.38%), Vitamin E: 1.65mg (11.03%), Calcium: 107.01mg (10.7%), Zinc: 1.59mg (10.62%), Potassium: 370.06mg (10.57%), Vitamin B6: 0.15mg (7.68%), Vitamin D: 1.12µg (7.47%), Vitamin B12: 0.18µg (2.96%)