



Creamy Dark Chocolate Pie

READY IN



330 min.

SERVINGS



8

CALORIES



314 kcal

DESSERT

Ingredients

- 2 cups all-bran cereal
- 0.3 cup butter melted
- 1 tablespoon plus
- 1 teaspoon vanilla
- 2.3 cups skim milk fat-free (skim)
- 1 box peach pie filling instant (6-serving size) (not)
- 1.5 cups chocolate chips dark
- 0.5 cup cool whip fat-free frozen thawed
- 1 serving chocolate curls

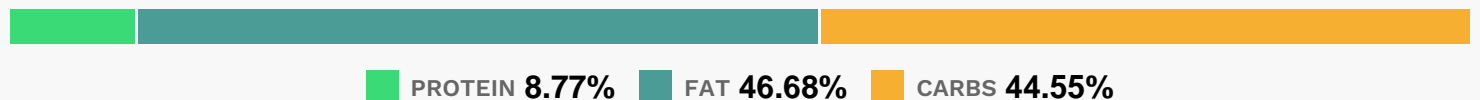
Equipment

- food processor
- bowl
- sauce pan
- oven
- plastic wrap
- ziploc bags
- rolling pin
- meat tenderizer

Directions

- Heat oven to 350°F.
- Place cereal in resealable food-storage plastic bag; seal bag and finely crush with rolling pin or meat mallet until it resembles graham cracker crumbs (or finely crush in food processor).
- In medium bowl, mix crust ingredients until blended. Press crust mixture evenly and firmly in bottom and up sides of 9-inch glass pie plate.
- Bake 10 to 12 minutes or until firm. Cool completely, about 1 hour.
- Meanwhile, in 2-quart saucepan, cook milk and pudding mix over medium heat 5 to 8 minutes or until mixture comes to a full boil, stirring constantly.
- Remove from heat.
- Add chips; stir until chips are melted and smooth.
- Pour into medium bowl; cover surface of pudding with plastic wrap. Refrigerate about 2 hours or until cold.
- Spoon and spread pudding evenly into crust. Refrigerate at least 4 hours until set. Top each serving with whipped topping and chocolate curl.

Nutrition Facts



Properties

Glycemic Index:12.11, Glycemic Load:4.63, Inflammation Score:-8, Nutrition Score:24.432608645895%

Nutrients (% of daily need)

Calories: 313.88kcal (15.69%), Fat: 17.41g (26.79%), Saturated Fat: 11.34g (70.87%), Carbohydrates: 37.38g (12.46%), Net Carbohydrates: 31.53g (11.46%), Sugar: 20.41g (22.68%), Cholesterol: 3.16mg (1.05%), Sodium: 176.44mg (7.67%), Alcohol: 0.17g (100%), Alcohol %: 0.16% (100%), Protein: 7.36g (14.71%), Vitamin B6: 1.95mg (97.52%), Manganese: 1.2mg (60.04%), Vitamin B12: 3.48µg (58.08%), Folate: 212.38µg (53.1%), Vitamin B2: 0.6mg (35.45%), Phosphorus: 299.69mg (29.97%), Vitamin B1: 0.43mg (28.9%), Calcium: 261.2mg (26.12%), Fiber: 5.85g (23.42%), Zinc: 3.45mg (23.03%), Magnesium: 77.43mg (19.36%), Iron: 3.17mg (17.63%), Potassium: 496.39mg (14.18%), Vitamin B3: 2.75mg (13.74%), Vitamin A: 676.77IU (13.54%), Copper: 0.23mg (11.36%), Vitamin D: 1.42µg (9.5%), Selenium: 4.76µg (6.8%), Vitamin B5: 0.67mg (6.7%), Vitamin E: 0.94mg (6.26%), Vitamin C: 3.29mg (3.98%), Vitamin K: 3.43µg (3.27%)