



Double Chocolate Pudding Pie

READY IN



215 min.

SERVINGS



8

CALORIES



275 kcal

DESSERT

Ingredients

- 3 cups percent milk low-fat
- 2 ounces bittersweet chocolate chopped
- 2 tablespoons butter melted
- 0.3 cup cocoa
- 0.3 cup cornstarch
- 1 tablespoon gelatin powder unflavored
- 14 graham cracker squares (7 full sheets)
- 0.3 cup heavy cream
- 0.1 teaspoon salt

- 0.7 cup sugar
- 2 teaspoons vanilla extract
- 0.3 cup water boiling
- 1 tablespoon water

Equipment

- food processor
- bowl
- sauce pan
- oven
- whisk

Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F. Spray a 9-inch pie plate with cooking spray.
- In a food processor, process the graham crackers until finely ground.
- Add butter and water and process until the crumbs clump together. Press the crumb mixture into bottom of pie plate and about 1-inch up the sides.
- Bake for 10 minutes, then let cool.
- In the meantime, make the pudding.
- Put the gelatin in a small bowl, add the boiling water and stir until dissolved. Set aside.
- In a medium saucepan mix the 2/3 cup of sugar, cocoa, cornstarch and salt. Gradually add half of the milk, whisking until smooth.
- Whisk in the rest of the milk. Turn the heat on to medium and cook, whisking constantly, until the mixture thickens and comes to a boil, about 10 minutes.
- Remove from the heat.
- Add the chocolate and stir until melted. Stir in the vanilla and reserved gelatin.
- Pour the mixture into the pie crust and let set for 3 hours in the refrigerator.
- Whip the cream and remaining 1/2 teaspoon of sugar. Before serving, garnish the pie with the whipped cream.

Nutrition Facts

PROTEIN 8.46% FAT 34.53% CARBS 57.01%

Properties

Glycemic Index:24.26, Glycemic Load:18.24, Inflammation Score:-4, Nutrition Score:7.0547826311187%

Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 274.8kcal (13.74%), Fat: 10.85g (16.7%), Saturated Fat: 6.06g (37.84%), Carbohydrates: 40.31g (13.44%), Net Carbohydrates: 37.96g (13.8%), Sugar: 26.85g (29.83%), Cholesterol: 20.78mg (6.93%), Sodium: 180.47mg (7.85%), Alcohol: 0.34g (100%), Alcohol %: 0.28% (100%), Caffeine: 14.34mg (4.78%), Protein: 5.98g (11.97%), Phosphorus: 166.7mg (16.67%), Calcium: 137.13mg (13.71%), Copper: 0.25mg (12.72%), Magnesium: 49.34mg (12.34%), Manganese: 0.24mg (12.01%), Vitamin B2: 0.19mg (10.98%), Vitamin B12: 0.57µg (9.51%), Fiber: 2.35g (9.38%), Iron: 1.5mg (8.32%), Potassium: 267.04mg (7.63%), Vitamin A: 373.8IU (7.48%), Vitamin D: 1.09µg (7.28%), Zinc: 1.08mg (7.19%), Vitamin B1: 0.09mg (5.7%), Selenium: 3.78µg (5.4%), Vitamin B6: 0.08mg (3.75%), Vitamin B5: 0.37mg (3.74%), Vitamin B3: 0.71mg (3.56%), Folate: 9.22µg (2.3%), Vitamin E: 0.21mg (1.42%), Vitamin K: 1.17µg (1.12%)