



French Silk Chocolate Pie II

READY IN



60 min.

SERVINGS



8

CALORIES



502 kcal

DESSERT

Ingredients

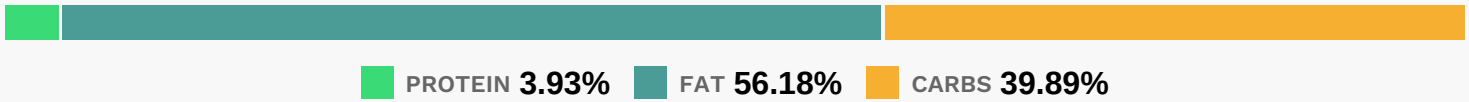
- ☐ 1 cup butter
- ☐ 4 eggs
- ☐ 1 9-inch pie crust ()
- ☐ 4 tablespoons cocoa powder unsweetened
- ☐ 2 teaspoons vanilla extract
- ☐ 1.5 cups sugar white

Equipment

Directions

- ☐ Cream butter and sugar. Blend in cocoa and vanilla. Beating at high speed, add one egg and beat until thoroughly incorporated. Repeat with each remaining egg. Keep whipping until fluffy.
- ☐ Spread in cooked pie shell of choice and keep refrigerated

Nutrition Facts



Properties

Glycemic Index:15.01, Glycemic Load:26.19, Inflammation Score:-5, Nutrition Score:5.890000021976%

Flavonoids

Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 502.11kcal (25.11%), Fat: 32.08g (49.36%), Saturated Fat: 17.51g (109.47%), Carbohydrates: 51.25g (17.08%), Net Carbohydrates: 49.7g (18.07%), Sugar: 37.69g (41.88%), Cholesterol: 142.85mg (47.62%), Sodium: 316.93mg (13.78%), Alcohol: 0.34g (100%), Alcohol %: 0.37% (100%), Caffeine: 5.75mg (1.92%), Protein: 5.04g (10.09%), Vitamin A: 828.14IU (16.56%), Selenium: 9.05µg (12.92%), Manganese: 0.22mg (10.82%), Vitamin B2: 0.17mg (9.81%), Phosphorus: 86.78mg (8.68%), Iron: 1.41mg (7.82%), Folate: 29.49µg (7.37%), Vitamin E: 1.01mg (6.71%), Copper: 0.13mg (6.63%), Fiber: 1.55g (6.2%), Vitamin B1: 0.08mg (5.4%), Magnesium: 19.55mg (4.89%), Vitamin B5: 0.48mg (4.76%), Vitamin B12: 0.24µg (4.07%), Zinc: 0.6mg (3.98%), Vitamin B3: 0.76mg (3.81%), Vitamin K: 3.94µg (3.75%), Vitamin D: 0.44µg (2.93%), Potassium: 101.65mg (2.9%), Calcium: 27.57mg (2.76%), Vitamin B6: 0.05mg (2.7%)