



French Silk Pie

READY IN



200 min.

SERVINGS



10

CALORIES



351 kcal

DESSERT

Ingredients

- 1 cup flour all-purpose
- 0.5 teaspoon salt
- 0.3 cup shortening
- 2 tablespoons water cold
- 1 cup granulated sugar
- 0.8 cup vegetable oil softened (do not use margarine or vegetable oil spreads)
- 1.5 teaspoons vanilla
- 3 oz baker's chocolate unsweetened cooled melted
- 0.8 cup eggs fat-free

- 0.8 cup whipping cream
- 2 tablespoons powdered sugar
- 1 teaspoon vanilla
- 1 serving chocolate curls

Equipment

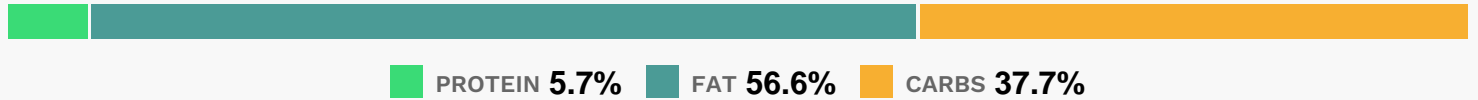
- bowl
- oven
- wire rack
- blender
- plastic wrap
- hand mixer
- rolling pin

Directions

- In medium bowl, mix flour and salt.
- Cut in shortening, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until particles are size of small peas.
- Sprinkle with cold water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bowl (1 to 2 teaspoons more water can be added if necessary).
- Gather pastry into a ball. Shape into flattened round on lightly floured surface. Wrap in plastic wrap; refrigerate about 45 minutes or until dough is firm and cold, yet pliable. This allows the shortening to become slightly firm, which helps make the baked pastry more flaky. If refrigerated longer, let pastry soften slightly before rolling.
- Heat oven to 475°F. With floured rolling pin, roll pastry into round 2 inches larger than upside-down 9-inch glass pie plate. Fold pastry into fourths; place in pie plate. Unfold and ease into plate, pressing firmly against bottom and side. Trim overhanging edge of pastry 1 inch from rim of pie plate. Fold and roll pastry under, even with plate; flute as desired. Prick bottom and side of pastry thoroughly with fork.
- Bake 8 to 10 minutes or until light brown; cool on cooling rack.

- In medium bowl, beat 1 cup granulated sugar and the butter with electric mixer on medium speed until light and fluffy. Beat in 1 1/2 teaspoons vanilla and the chocolate. Gradually beat in egg product on high speed until light and fluffy (about 3 minutes).
- Pour into pie crust. Refrigerate until set, at least 2 hours but no longer than 24 hours.
- In chilled medium bowl, beat whipping cream, 2 tablespoons granulated sugar and 1 teaspoon vanilla with electric mixer on high speed until stiff. Top pie with whipped cream; garnish with chocolate curls.

Nutrition Facts



Properties

Glycemic Index:14.51, Glycemic Load:20.86, Inflammation Score:-4, Nutrition Score:7.8013043455456%

Flavonoids

Catechin: 5.47mg, Catechin: 5.47mg, Catechin: 5.47mg, Catechin: 5.47mg Epicatechin: 12.06mg, Epicatechin: 12.06mg, Epicatechin: 12.06mg, Epicatechin: 12.06mg

Nutrients (% of daily need)

Calories: 350.86kcal (17.54%), Fat: 22.95g (35.31%), Saturated Fat: 9.68g (60.47%), Carbohydrates: 34.41g (11.47%), Net Carbohydrates: 32.65g (11.87%), Sugar: 22.39g (24.88%), Cholesterol: 87.97mg (29.32%), Sodium: 150.02mg (6.52%), Alcohol: 0.34g (100%), Alcohol %: 0.41% (100%), Caffeine: 6.89mg (2.3%), Protein: 5.2g (10.4%), Manganese: 0.45mg (22.49%), Selenium: 11.2µg (15.99%), Copper: 0.31mg (15.6%), Iron: 2.42mg (13.45%), Vitamin B2: 0.19mg (11.31%), Vitamin K: 11.14µg (10.61%), Phosphorus: 94.28mg (9.43%), Folate: 34.54µg (8.63%), Magnesium: 34.33mg (8.58%), Vitamin B1: 0.12mg (8.2%), Zinc: 1.19mg (7.94%), Vitamin E: 1.08mg (7.23%), Vitamin A: 360.86IU (7.22%), Fiber: 1.76g (7.03%), Vitamin B3: 0.88mg (4.42%), Vitamin B5: 0.44mg (4.41%), Vitamin D: 0.65µg (4.33%), Potassium: 128.58mg (3.67%), Calcium: 33.07mg (3.31%), Vitamin B12: 0.19µg (3.18%), Vitamin B6: 0.05mg (2.27%)