



Frosty French Silk Pie

READY IN



380 min.

SERVINGS



12

CALORIES



417 kcal

DESSERT

Ingredients

- ☐ 0.8 cup butter softened
- ☐ 0.3 cup sugar
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 1.3 cups flour all-purpose
- ☐ 0.3 cup nuts finely chopped
- ☐ 0.3 cup butter
- ☐ 3 oz baker's chocolate unsweetened
- ☐ 1 cup sugar
- ☐ 2 tablespoons cornstarch

- ☐ 3 eggs
- ☐ 1 teaspoon vanilla
- ☐ 1 cup whipping cream
- ☐ 1 serving whipped cream
- ☐ 1 serving almonds toasted sliced

Equipment

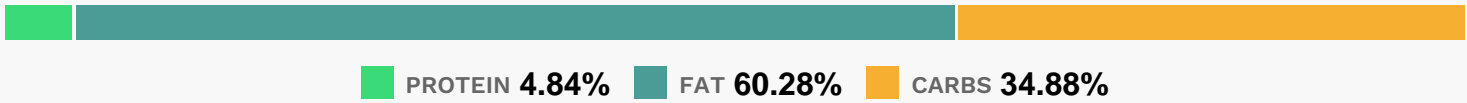
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer

Directions

- ☐ Heat oven to 325°F. In large bowl, beat 3/4 cup butter and 1/3 cup sugar with electric mixer on medium speed 1 minute. Stir in cocoa and flour until mixture is crumbly. Press firmly and evenly against bottom and side of 9 1/2-inch deep-dish glass pie plate or 10-inch regular glass pie plate.
- ☐ Sprinkle with chopped nuts.
- ☐ Bake 20 to 25 minutes or until edge appears dry. Cool completely, about 45 minutes.
- ☐ In 2-quart saucepan, melt 1/4 cup butter and the chocolate over low heat, stirring occasionally; remove from heat. In small bowl, mix 1 cup sugar and the cornstarch with wire whisk; stir into chocolate mixture.
- ☐ In small bowl, beat eggs with electric mixer on medium speed about 5 minutes or until thick and lemon colored; stir into chocolate mixture. Cook chocolate mixture over medium heat 5 minutes, stirring constantly, until thick and glossy. Stir in vanilla. Cool 10 minutes, stirring occasionally.
- ☐ In medium bowl, beat whipping cream with electric mixer on high speed until stiff. Fold chocolate mixture into whipped cream.
- ☐ Pour over crust. Cover; freeze about 4 hours or until firm.

Remove from freezer; let stand 30 minutes before cutting. Top with whipped cream; sprinkle with almonds. Store covered in freezer.

Nutrition Facts



Properties

Glycemic Index:25.82, Glycemic Load:22.88, Inflammation Score:-7, Nutrition Score:8.4160869257606%

Flavonoids

Catechin: 5.72mg, Catechin: 5.72mg, Catechin: 5.72mg, Catechin: 5.72mg Epicatechin: 13.57mg, Epicatechin: 13.57mg, Epicatechin: 13.57mg, Epicatechin: 13.57mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 417.35kcal (20.87%), Fat: 29.28g (45.05%), Saturated Fat: 10.8g (67.51%), Carbohydrates: 38.13g (12.71%), Net Carbohydrates: 35.65g (12.96%), Sugar: 23.01g (25.57%), Cholesterol: 63.71mg (21.24%), Sodium: 202.47mg (8.8%), Alcohol: 0.11g (100%), Alcohol %: 0.15% (100%), Caffeine: 9.79mg (3.26%), Protein: 5.29g (10.57%), Manganese: 0.52mg (25.93%), Vitamin A: 1031.48IU (20.63%), Copper: 0.37mg (18.38%), Iron: 2.43mg (13.5%), Selenium: 9.4µg (13.42%), Magnesium: 45.37mg (11.34%), Phosphorus: 107.29mg (10.73%), Vitamin B2: 0.18mg (10.71%), Fiber: 2.48g (9.93%), Vitamin B1: 0.13mg (8.71%), Folate: 34.09µg (8.52%), Zinc: 1.21mg (8.05%), Vitamin E: 0.95mg (6.31%), Vitamin B3: 1.07mg (5.37%), Potassium: 162.19mg (4.63%), Calcium: 39.44mg (3.94%), Vitamin D: 0.54µg (3.6%), Vitamin B5: 0.35mg (3.47%), Vitamin B12: 0.15µg (2.5%), Vitamin B6: 0.05mg (2.32%), Vitamin K: 1.45µg (1.38%)