



Frosty French Silk Pie

READY IN



380 min.

SERVINGS



12

CALORIES



437 kcal

DESSERT

Ingredients

- ☐ 12 servings almonds toasted sliced
- ☐ 0.3 cup butter
- ☐ 0.8 cup butter softened
- ☐ 2 tablespoons cornstarch
- ☐ 3 eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 0.3 cup nuts finely chopped
- ☐ 0.3 cup sugar
- ☐ 1 cup sugar

- ☐ 3 oz baker's chocolate unsweetened
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla
- ☐ 12 servings whipped cream
- ☐ 1 cup whipping cream

Equipment

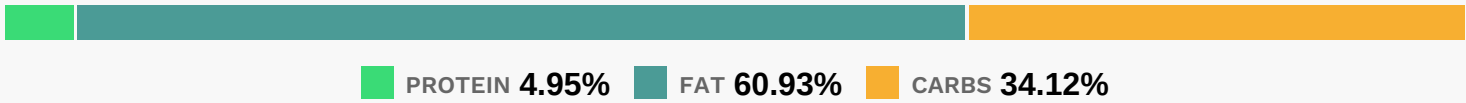
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer

Directions

- ☐ Heat oven to 325F. 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:23.27, Inflammation Score:-7, Nutrition Score:8.8730433693399%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 5.73mg, Catechin: 5.73mg, Catechin: 5.73mg, Catechin: 5.73mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 13.58mg, Epicatechin: 13.58mg, Epicatechin: 13.58mg, Epicatechin: 13.58mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 436.79kcal (21.84%), Fat: 30.96g (47.63%), Saturated Fat: 11.6g (72.49%), Carbohydrates: 39.02g (13.01%), Net Carbohydrates: 36.42g (13.24%), Sugar: 23.49g (26.1%), Cholesterol: 67.89mg (22.63%), Sodium: 202.92mg (8.82%), Alcohol: 0.11g (100%), Alcohol %: 0.14% (100%), Caffeine: 9.79mg (3.26%), Protein: 5.66g (11.31%), Manganese: 0.54mg (26.98%), Vitamin A: 1069.16IU (21.38%), Copper: 0.38mg (18.88%), Iron: 2.47mg (13.71%), Selenium: 9.51µg (13.59%), Magnesium: 48.45mg (12.11%), Phosphorus: 116.59mg (11.66%), Vitamin B2: 0.2mg (11.54%), Fiber: 2.6g (10.39%), Vitamin B1: 0.13mg (8.97%), Folate: 34.66µg (8.66%), Zinc: 1.26mg (8.37%), Vitamin E: 1.22mg (8.11%), Vitamin B3: 1.11mg (5.56%), Potassium: 177mg (5.06%), Calcium: 47.47mg (4.75%), Vitamin D: 0.56µg (3.74%), Vitamin B5: 0.37mg (3.68%), Vitamin B12: 0.17µg (2.77%), Vitamin B6: 0.05mg (2.49%), Vitamin K: 1.55µg (1.48%)