



Frozen Chocolate-Macadamia Nut Pie

READY IN



45 min.

SERVINGS



8

CALORIES



1443 kcal

DESSERT

Ingredients

- ☐ 8 servings chocolate-macadamia crumb crust
- ☐ 8 ounce cream cheese softened
- ☐ 1.5 cups macadamia nuts finely chopped
- ☐ 6 ounces semisweet chocolate morsels melted
- ☐ 0.5 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 8 servings garnish: whipped cream sweetened
- ☐ 1.5 cups whipping cream

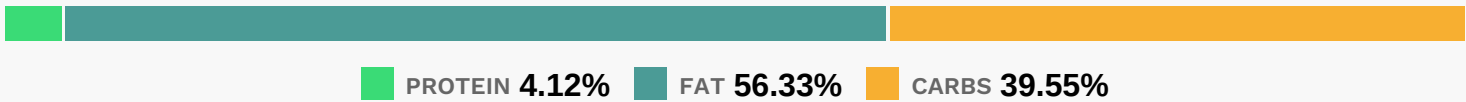
Equipment

☐ hand mixer

Directions

- ☐ Beat first 3 ingredients at high speed with an electric mixer until smooth and creamy.
- ☐ Add chocolate morsels; beat at lowest speed just until blended. Stir in chopped nuts.
- ☐ Beat whipping cream at high speed with an electric mixer until foamy. Gradually add sugar, beating until stiff peaks form; fold into chocolate mixture.
- ☐ Pour into Chocolate-Macadamia Crumb Crust; freeze 8 hours.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:20.26, Glycemic Load:9.69, Inflammation Score:-8, Nutrition Score:20.130434842213%

Nutrients (% of daily need)

Calories: 1442.64kcal (72.13%), Fat: 91.46g (140.71%), Saturated Fat: 32.93g (205.84%), Carbohydrates: 144.45g (48.15%), Net Carbohydrates: 137.56g (50.02%), Sugar: 72.56g (80.62%), Cholesterol: 84.89mg (28.3%), Sodium: 956.86mg (41.6%), Alcohol: 0.17g (100%), Alcohol %: 0.07% (100%), Caffeine: 18.29mg (6.1%), Protein: 15.06g (30.12%), Manganese: 1.32mg (66.25%), Vitamin B1: 0.81mg (54.13%), Iron: 7.26mg (40.35%), Phosphorus: 395.94mg (39.59%), Vitamin B2: 0.53mg (31.45%), Magnesium: 125.2mg (31.3%), Folate: 124.88µg (31.22%), Fiber: 6.89g (27.54%), Vitamin B3: 4.98mg (24.88%), Copper: 0.47mg (23.36%), Vitamin A: 1088.45IU (21.77%), Potassium: 509.28mg (14.55%), Calcium: 97.73mg (9.77%), Selenium: 6.63µg (9.47%), Zinc: 1.16mg (7.75%), Vitamin E: 0.95mg (6.36%), Vitamin B6: 0.11mg (5.52%), Vitamin B5: 0.55mg (5.48%), Vitamin D: 0.74µg (4.92%), Vitamin K: 3.67µg (3.49%), Vitamin B12: 0.19µg (3.16%)