



Frozen Chocolate Mousse Pie

READY IN



30 min.

SERVINGS



10

CALORIES



682 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon chocolate cream liqueur
- ☐ 3 cups confectioners' sugar
- ☐ 1 quart heavy cream
- ☐ 1 sheet pie crust dough refrigerated
- ☐ 2 cups semi chocolate chips plus more for topping
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup milk whole

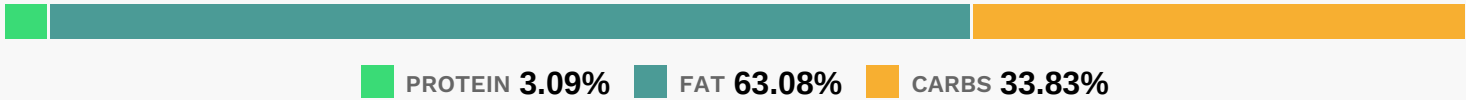
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ blender
- ☐ plastic wrap

Directions

- ☐ Preheat the oven to 350 degrees F. Line a 9-inch pie plate with the pie crust dough; crimp the edges as desired. Prick holes in the bottom of the pie shell.
- ☐ Bake in the oven 11 minutes, or until golden brown.
- ☐ Let cool.
- ☐ Combine the chocolate chips, milk and chocolate liqueur in a medium saucepan over medium-low heat. Cook, stirring, until smooth, about 1 minute.
- ☐ Mix in the vanilla extract.
- ☐ Let the chocolate sauce cool.
- ☐ Combine the confectioners' sugar and heavy cream in a mixing bowl. Whip with a mixer to make whipped cream. Gently fold about 1 cup of the whipped cream into the cooled chocolate sauce. Gently fold the remaining whipped cream in two to three more batches.
- ☐ Pour the mousse mixture into the pie shell.
- ☐ Add chocolate chips to the top of the pie. Cover with plastic wrap and freeze a few hours or overnight.
- ☐ Photograph by Genti & Hyers

Nutrition Facts



Properties

Glycemic Index:8.8, Glycemic Load:0.42, Inflammation Score:-7, Nutrition Score:9.8443478734597%

Nutrients (% of daily need)

Calories: 682.36kcal (34.12%), Fat: 48.53g (74.67%), Saturated Fat: 30.03g (187.71%), Carbohydrates: 58.57g (19.52%), Net Carbohydrates: 55.67g (20.24%), Sugar: 52.2g (58%), Cholesterol: 111.06mg (37.02%), Sodium: 36.08mg (1.57%), Alcohol: 0.14g (100%), Alcohol %: 0.1% (100%), Caffeine: 31mg (10.33%), Protein: 5.35g (10.71%), Vitamin A: 1435.06IU (28.7%), Manganese: 0.48mg (24.17%), Copper: 0.46mg (23.23%), Magnesium: 71.94mg (17.99%), Phosphorus: 162.49mg (16.25%), Iron: 2.41mg (13.38%), Vitamin B2: 0.22mg (13.1%), Fiber: 2.9g (11.6%), Vitamin D: 1.65µg (11.01%), Calcium: 101.82mg (10.18%), Selenium: 6.35µg (9.08%), Potassium: 317.41mg (9.07%), Zinc: 1.24mg (8.29%), Vitamin E: 1.09mg (7.29%), Vitamin K: 5.67µg (5.4%), Vitamin B12: 0.29µg (4.77%), Vitamin B5: 0.4mg (4.04%), Vitamin B6: 0.05mg (2.69%), Vitamin B1: 0.04mg (2.55%), Vitamin B3: 0.38mg (1.91%), Folate: 4.09µg (1.02%)