



Frozen Chocolate Pie with Cherry Sauce

READY IN



525 min.

SERVINGS



8

CALORIES



540 kcal

DESSERT

Ingredients

- 8 oz cream cheese softened
- 14 oz condensed milk sweetened canned (not evaporated)
- 6 oz bittersweet chocolate melted
- 1.5 cups cool whip frozen thawed
- 6 oz graham crackers
- 2 cups cherries fresh sweet frozen pitted
- 2 tablespoons sugar
- 1 cup water
- 1 tablespoon cornstarch

2 tablespoons maraschino liqueur

Equipment

bowl

sauce pan

Directions

Beat cream cheese in large bowl until smooth.

Add condensed milk and melted chocolate; beat until creamy. Fold in whipped topping.

Pour into graham cracker crust. Cover; freeze 8 hours or until firm.

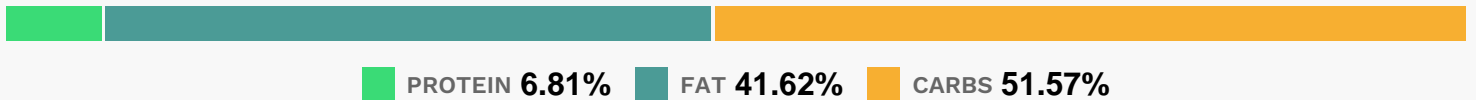
Meanwhile, in medium saucepan, combine cherries, sugar and water; mix well. Bring to a boil over medium heat. Cook 5 minutes, stirring occasionally. In small bowl, combine cornstarch and liqueur; blend well. Stir into boiling cherry mixture. Cook 1 minute, stirring constantly. Cool 15 minutes. Cover; refrigerate 1 hour or until completely cooled.

To serve, place pie in refrigerator for 30 minutes to soften slightly.

Cut into wedges; place on individual dessert plates.

Serve sauce over pie.

Nutrition Facts



Properties

Glycemic Index:31.76, Glycemic Load:31.49, Inflammation Score:-6, Nutrition Score:11.119565194068%

Flavonoids

Cyanidin: 10.42mg, Cyanidin: 10.42mg, Cyanidin: 10.42mg, Cyanidin: 10.42mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 1.73mg, Epicatechin: 1.73mg, Epicatechin: 1.73mg, Epicatechin: 1.73mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin:

0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 539.57kcal (26.98%), Fat: 25.12g (38.65%), Saturated Fat: 13.88g (86.77%), Carbohydrates: 70.04g (23.35%), Net Carbohydrates: 66.83g (24.3%), Sugar: 51.6g (57.34%), Cholesterol: 49.03mg (16.34%), Sodium: 305.99mg (13.3%), Alcohol: 1.51g (100%), Alcohol %: 0.93% (100%), Caffeine: 18.29mg (6.1%), Protein: 9.25g (18.49%), Phosphorus: 271.02mg (27.1%), Vitamin B2: 0.43mg (25.41%), Calcium: 218.99mg (21.9%), Magnesium: 70.66mg (17.67%), Selenium: 12.03µg (17.19%), Copper: 0.31mg (15.65%), Manganese: 0.31mg (15.63%), Iron: 2.48mg (13.79%), Potassium: 471.54mg (13.47%), Fiber: 3.21g (12.85%), Vitamin A: 570.52IU (11.41%), Zinc: 1.66mg (11.04%), Vitamin B1: 0.14mg (9.11%), Vitamin B12: 0.53µg (8.78%), Vitamin B5: 0.67mg (6.66%), Vitamin B3: 1.22mg (6.08%), Folate: 21.56µg (5.39%), Vitamin B6: 0.1mg (5.19%), Vitamin C: 3.7mg (4.49%), Vitamin E: 0.49mg (3.24%), Vitamin K: 3.19µg (3.04%)