



## Frozen Chocolate Pie with Cherry Sauce

READY IN



525 min.

SERVINGS



8

CALORIES



547 kcal

DESSERT

### Ingredients

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

1.5 cups non-dairy whipped topping frozen thawed

## 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.

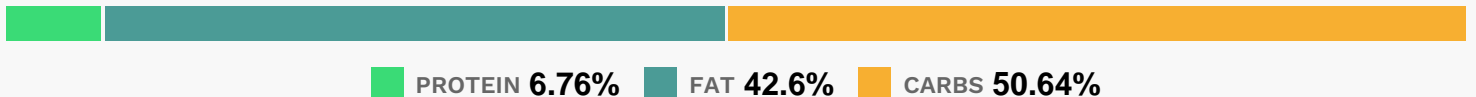
Meanwhile, in medium saucepan, combine cherries, sugar and water; mix well. Bring to a boil over medium heat. Cook 5 minutes, stirring occasionally. In small bowl, combine cornstarch and liqueur; blend well. Stir into boiling cherry mixture. Cook 1 minute, stirring constantly. Cool 15 minutes. Cover; 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:-5, Nutrition Score:10.688695552556%

## 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: 547kcal (27.35%), Fat: 26.26g (40.4%), Saturated Fat: 15.07g (94.18%), Carbohydrates: 70.22g (23.41%), Net Carbohydrates: 67.07g (24.39%), Sugar: 52.98g (58.87%), Cholesterol: 47.06mg (15.69%), Sodium: 314.15mg (13.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 18.29mg (6.1%), Protein: 9.38g (18.76%), Phosphorus: 274.33mg (27.43%), Calcium: 213.83mg (21.38%), Vitamin B2: 0.36mg (21.08%), Magnesium: 70.56mg (17.64%), Selenium: 12.07µg (17.24%), Copper: 0.31mg (15.69%), Manganese: 0.31mg (15.64%), Iron: 2.49mg (13.86%), Potassium: 470.68mg (13.45%), Fiber: 3.16g (12.63%), Vitamin A: 556.31IU (11.13%), Zinc: 1.63mg (10.84%), Vitamin B1: 0.12mg (7.91%), Vitamin B5: 0.67mg (6.66%), Vitamin B3: 1.18mg (5.9%), Vitamin B12: 0.35µg (5.78%), Folate: 19.64µg (4.91%), Vitamin C: 3.7mg (4.49%), Vitamin B6: 0.09mg (4.47%), Vitamin E: 0.54mg (3.62%), Vitamin K: 3.6µg (3.43%)