



German Chocolate Angel Pie II

 Gluten Free

READY IN



330 min.

SERVINGS



8

CALORIES



332 kcal

DESSERT

Ingredients

- ☐ 0.1 teaspoon cream of tartar
- ☐ 3 egg whites
- ☐ 4 ounce german chocolate sweet chopped
- ☐ 1 cup heavy cream
- ☐ 0.8 cup pecans finely chopped
- ☐ 1 pinch salt
- ☐ 3 tablespoons strong coffee decoction brewed
- ☐ 1 teaspoon vanilla extract

☐ 0.8 cup sugar white

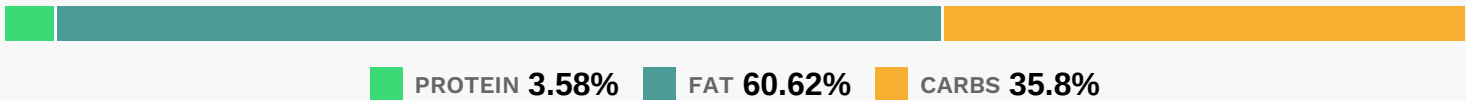
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ double boiler

Directions

- ☐ Preheat oven to 275 degrees F (135 degrees C).
- ☐ In a large glass or metal mixing bowl, beat egg whites until foamy.
- ☐ Add cream of tartar and salt and beat until whites stand in soft peaks.
- ☐ Add sugar gradually and beat until very stiff. Fold in chopped nuts and 1 teaspoon. vanilla. Turn the meringue into a buttered 9 inch pie plate.
- ☐ Spread over bottom and sides of plate, building up the sides 1/2 inch above the edge of the plate.
- ☐ Bake in preheated oven for 60 minutes. Cool.
- ☐ In the top of a double boiler, heat chocolate, stirring occasionally, until chocolate is melted and smooth.
- ☐ Remove from heat and stir in coffee.
- ☐ In a large bowl, whip the cream to soft peaks.
- ☐ Whisk in vanilla. Fold 1/3 of the cream into the melted chocolate, then fold the chocolate mixture back into the whipped cream until no streaks remain. Work quickly to prevent the chocolate from seizing up. Spoon mixture into meringue shell. Chill for 2 hours in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:10.01, Glycemic Load:13.13, Inflammation Score:-3, Nutrition Score:4.3447825584723%

Flavonoids

Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg Delphinidin: 0.74mg, Delphinidin: 0.74mg, Delphinidin: 0.74mg, Delphinidin: 0.74mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg

Nutrients (% of daily need)

Calories: 331.79kcal (16.59%), Fat: 22.7g (34.93%), Saturated Fat: 9.99g (62.42%), Carbohydrates: 30.16g (10.05%), Net Carbohydrates: 29.18g (10.61%), Sugar: 27.17g (30.19%), Cholesterol: 33.62mg (11.21%), Sodium: 31.92mg (1.39%), Alcohol: 0.17g (100%), Alcohol %: 0.24% (100%), Protein: 3.02g (6.03%), Manganese: 0.46mg (23.23%), Vitamin A: 443.05IU (8.86%), Iron: 1.41mg (7.82%), Vitamin B2: 0.13mg (7.46%), Copper: 0.13mg (6.52%), Selenium: 3.64µg (5.2%), Vitamin B1: 0.07mg (4.98%), Phosphorus: 47.45mg (4.74%), Magnesium: 15.91mg (3.98%), Fiber: 0.98g (3.92%), Zinc: 0.54mg (3.61%), Vitamin D: 0.48µg (3.17%), Potassium: 100.06mg (2.86%), Calcium: 27.94mg (2.79%), Vitamin E: 0.42mg (2.78%), Vitamin B5: 0.2mg (2%), Vitamin B6: 0.03mg (1.63%), Vitamin K: 1.32µg (1.25%)