



Gina's Memphis Mud Pie

 Gluten Free

READY IN



150 min.

SERVINGS



8

CALORIES



656 kcal

DESSERT

Ingredients

- ☐ 4 ounces bittersweet chocolate coarsely chopped
- ☐ 0.3 cup confectioners' sugar
- ☐ 0.3 cup plus light
- ☐ 1 deep-dish store-bought
- ☐ 4 large eggs
- ☐ 1 cup granulated sugar
- ☐ 1 cup heavy cream
- ☐ 1 cup pecans chopped finely chopped for garnish finely

- ☐ 0.5 teaspoon salt
- ☐ 4 ounces bittersweet chocolate shaved coarsely chopped for garnish
- ☐ 0.5 cup butter unsalted
- ☐ 0.3 teaspoon vanilla extract

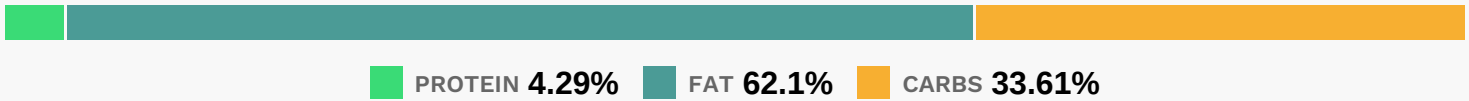
Equipment

- ☐ bowl
- ☐ oven
- ☐ double boiler
- ☐ stand mixer

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Melt the chocolate and the butter in a double boiler. Stir continuously until combined and smooth.
- ☐ Using a stand mixer, beat the eggs, sugar, corn syrup and salt on medium-high speed until it lightens and doubles in volume, about 2 to 3 minutes.
- ☐ Mix in the melted chocolate mixture and fold in the pecans.
- ☐ Pour into the chocolate wafer crust and bake until the filling is just set, about 35 to 40 minutes.
- ☐ Remove from the oven and let cool. The pie will fall slightly. Once cool refrigerate until well chilled, roughly 1 1/2 hours.
- ☐ In a medium bowl add the heavy cream, sugar and vanilla extract and beat until soft peaks form. Top the chilled pie with the whipped cream, making a nice mound on top of the pie.
- ☐ Garnish the top with shaved chocolate and finely chopped pecans.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:17.71, Glycemic Load:19.88, Inflammation Score:-6, Nutrition Score:12.013043451568%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg

Nutrients (% of daily need)

Calories: 656.02kcal (32.8%), Fat: 46.59g (71.68%), Saturated Fat: 22.7g (141.9%), Carbohydrates: 56.74g (18.91%), Net Carbohydrates: 52.98g (19.26%), Sugar: 50.54g (56.15%), Cholesterol: 158.82mg (52.94%), Sodium: 200.77mg (8.73%), Alcohol: 0.04g (100%), Alcohol %: 0.04% (100%), Caffeine: 26.69mg (8.9%), Protein: 7.24g (14.47%), Manganese: 1.02mg (50.79%), Copper: 0.56mg (28.16%), Vitamin A: 948.68IU (18.97%), Magnesium: 75.83mg (18.96%), Phosphorus: 186.76mg (18.68%), Selenium: 11.95µg (17.08%), Iron: 2.72mg (15.11%), Fiber: 3.77g (15.07%), Vitamin B2: 0.22mg (12.98%), Zinc: 1.88mg (12.52%), Potassium: 293.82mg (8.39%), Vitamin E: 1.23mg (8.22%), Vitamin B1: 0.12mg (8.18%), Vitamin D: 1.19µg (7.93%), Vitamin B5: 0.68mg (6.8%), Calcium: 66.77mg (6.68%), Vitamin B12: 0.35µg (5.75%), Vitamin B6: 0.09mg (4.66%), Vitamin K: 4.76µg (4.53%), Folate: 16.47µg (4.12%), Vitamin B3: 0.46mg (2.32%)