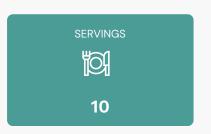


Gluten-Free Creamy Chocolate Pie

Gluten Free







DESSERT

Ingredients

5 tablespoons butter cold
3 tablespoons cornstarch
O.3 cup granulated sugar
1.3 cups milk
1 tablespoon powdered sugar
6 oz semi chocolate chips (1 cup)
1 teaspoon vanilla
3 tablespoons water

	1.3 cups whipping cream	
	1 cup frangelico gluten free	
	1 cup frangelico gluten free	
Equipment		
	bowl	
	sauce pan	
	oven	
	blender	
	plastic wrap	
	hand mixer	
Directions		
	Heat oven to 425F. Grease 9-inch glass pie plate with shortening or cooking spray. In medium bowl, place Bisquick mix.	
	Cut in butter with pastry blender or fork (or pulling 2 table knives through mixture in opposite directions) until mixture looks like fine crumbs. Stir in water; shape into ball with hands. Press dough in bottom and up side of pie plate.	
	Bake 10 to 12 minutes or until lightly browned. Cool completely, about 30 minutes.	
	Meanwhile, in 2-quart saucepan, mix granulated sugar and cornstarch. Gradually stir in milk; cook over medium heat until mixture boils, stirring constantly. Reserve 1 tablespoon chocolate chips for topping; coarsely chop.	
	Add remaining chocolate chips and vanilla, stirring until melted and smooth.	
	Pour into medium bowl; cover surface with plastic wrap. Refrigerate about 30 minutes to chill.	
	In large bowl, beat whipping cream and powdered sugar with electric mixer on high speed until stiff peaks form. Reserve 1 cup for topping. Beat cooled chocolate mixture with electric mixer on medium speed about 2 minutes or until smooth and creamy; fold into whipped cream in large bowl. Spoon evenly into cooled baked crust. Pipe reserved whipped cream around edge of pie; sprinkle with reserved chopped chocolate chips. Refrigerate 6 to 8 hours or until set before serving. Cover and refrigerate any remaining pie.	

Nutrition Facts

Properties

Glycemic Index:15.81, Glycemic Load:4.03, Inflammation Score:-5, Nutrition Score:5.0795652322147%

Nutrients (% of daily need)

Calories: 300.78kcal (15.04%), Fat: 23.93g (36.81%), Saturated Fat: 14.76g (92.22%), Carbohydrates: 19.21g (6.4%), Net Carbohydrates: 17.83g (6.48%), Sugar: 14.41g (16.01%), Cholesterol: 53.35mg (17.78%), Sodium: 66.88mg (2.91%), Alcohol: 0.14g (100%), Alcohol %: 0.18% (100%), Caffeine: 14.63mg (4.88%), Protein: 2.95g (5.9%), Vitamin A: 670.17IU (13.4%), Manganese: 0.23mg (11.47%), Copper: 0.22mg (10.92%), Phosphorus: 94.3mg (9.43%), Magnesium: 35.98mg (9%), Calcium: 69.66mg (6.97%), Vitamin B2: 0.11mg (6.48%), Iron: 1.12mg (6.23%), Fiber: 1.38g (5.53%), Vitamin D: 0.81µg (5.41%), Potassium: 172.92mg (4.94%), Selenium: 3.07µg (4.39%), Zinc: 0.66mg (4.38%), Vitamin B12: 0.25µg (4.25%), Vitamin E: 0.55mg (3.68%), Vitamin K: 2.76µg (2.63%), Vitamin B5: 0.25mg (2.48%), Vitamin B1: 0.03mg (1.92%), Vitamin B6: 0.04mg (1.76%)