



## Gluten-Free Double Chocolate Peanut Butter Pudding Pie

READY IN



180 min.

SERVINGS



6

CALORIES



755 kcal

DESSERT

### Ingredients

- 3 cups corn flakes/bran flakes crushed finely
- 5 tablespoons butter melted
- 12 oz milk chocolate shavings plus more for chocolate shavings chopped
- 1.5 tablespoons cocoa powder unsweetened sifted
- 0.3 cup sugar
- 1 egg yolk
- 6 tablespoons whipping cream
- 0.5 cup peppermint candies white

- 0.3 cup creamy peanut butter
- 2 cups frangelico

## Equipment

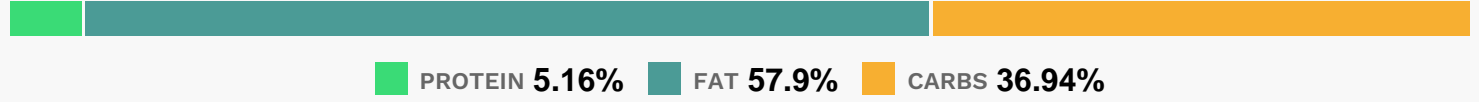
- bowl
- sauce pan
- oven
- whisk
- sieve
- pie form

## Directions

- In small bowl, stir together cereal and melted butter. Press in bottom and up side of ungreased 9-inch pie pan. Refrigerate until set, about 30 minutes.
- Heat oven to 350°F.
- Bake crust 15 minutes.
- Sprinkle with one-third of the chopped chocolate.
- Meanwhile, in large heatproof bowl, mix cocoa and remaining chopped chocolate; reserve. In 1-quart heavy saucepan, heat half-and-half over medium-high heat until almost boiling. In medium heatproof bowl, beat sugar, egg and egg yolks with whisk until pale yellow. Slowly beat in half of the hot half-and-half, then stir egg mixture back into remaining half-and-half in saucepan. Reduce heat to medium.
- Heat mixture just to boiling. Cook, beating with whisk, about 1 minute or until thickened.
- Pour through sieve into reserved cocoa mixture; beat with whisk until smooth.
- Pour into crust; refrigerate 30 minutes.
- Wipe out saucepan.
- Add 6 tablespoons cream.
- Heat to boiling over medium-high heat.
- Place vanilla baking chips and peanut butter in medium heatproof bowl.

- Pour hot cream on top and let stand until chocolate is melted, about 2 minutes; beat with whisk until smooth.
- Spread evenly over chilled pie. Refrigerate until firm, about 1 1/2 hours.
- To serve, top servings of pie with whipped cream and chocolate shavings.

## Nutrition Facts



### Properties

Glycemic Index:34.39, Glycemic Load:17.01, Inflammation Score:-9, Nutrition Score:24.526521739105%

### Flavonoids

Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

### Nutrients (% of daily need)

Calories: 755.06kcal (37.75%), Fat: 50.33g (77.43%), Saturated Fat: 29.33g (183.33%), Carbohydrates: 72.23g (24.08%), Net Carbohydrates: 63.06g (22.93%), Sugar: 48.43g (53.81%), Cholesterol: 77.84mg (25.95%), Sodium: 252.89mg (11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 51.64mg (17.21%), Protein: 10.09g (20.18%), Manganese: 1.67mg (83.63%), Iron: 9.65mg (53.6%), Copper: 0.9mg (45.24%), Magnesium: 171.43mg (42.86%), Folate: 148.38µg (37.09%), Fiber: 9.17g (36.7%), Phosphorus: 306.04mg (30.6%), Vitamin B3: 5.29mg (26.44%), Selenium: 18.2µg (25.99%), Vitamin B2: 0.38mg (22.44%), Vitamin A: 1083.66IU (21.67%), Vitamin B6: 0.42mg (21.23%), Vitamin B1: 0.3mg (20.19%), Vitamin B12: 1.2µg (20.07%), Zinc: 2.98mg (19.85%), Potassium: 528.26mg (15.09%), Vitamin E: 1.96mg (13.03%), Calcium: 97.08mg (9.71%), Vitamin D: 1.06µg (7.08%), Vitamin B5: 0.6mg (6.02%), Vitamin K: 5.74µg (5.47%)