



## Gluten-Free Double Chocolate Peanut Butter Pudding Pie

READY IN



180 min.

SERVINGS



6

CALORIES



804 kcal

DESSERT

### Ingredients

- 12 oz milk chocolate shavings plus more for chocolate shavings chopped
- 5 tablespoons butter melted
- 3 cups corn flakes/bran flakes crushed finely
- 0.3 cup creamy peanut butter
- 1 egg yolk
- 2 cups half and half
- 0.5 cup vanilla extract white
- 0.3 cup sugar

- 1.5 tablespoons cocoa powder unsweetened sifted
- 6 tablespoons whipping cream

## Equipment

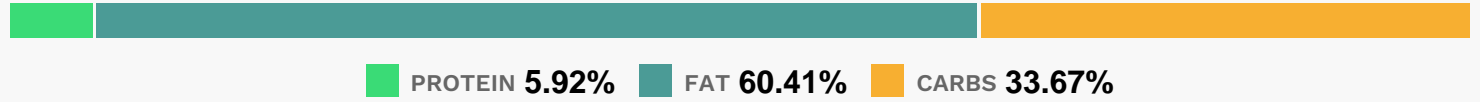
- bowl
- sauce pan
- oven
- whisk
- sieve
- pie form

## 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 350F.
- 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:27.077391075051%

### 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: 803.6kcal (40.18%), Fat: 52.8g (81.23%), Saturated Fat: 29.16g (182.27%), Carbohydrates: 66.21g (22.07%), Net Carbohydrates: 57.04g (20.74%), Sugar: 42.76g (47.51%), Cholesterol: 106.07mg (35.36%), Sodium: 291.43mg (12.67%), Alcohol: 5.96g (100%), Alcohol %: 3.32% (100%), Caffeine: 51.64mg (17.21%), Protein: 11.65g (23.3%), Manganese: 1.71mg (85.67%), Iron: 9.71mg (53.94%), Copper: 0.92mg (46.23%), Magnesium: 181.58mg (45.39%), Phosphorus: 383.71mg (38.37%), Folate: 150.79µg (37.7%), Fiber: 9.17g (36.7%), Vitamin B2: 0.55mg (32.61%), Selenium: 20.78µg (29.68%), Vitamin A: 1369.22IU (27.38%), Vitamin B3: 5.45mg (27.24%), Vitamin B6: 0.47mg (23.47%), Vitamin B12: 1.36µg (22.63%), Zinc: 3.31mg (22.07%), Vitamin B1: 0.33mg (21.93%), Potassium: 660.39mg (18.87%), Calcium: 155.72mg (15.57%), Vitamin E: 2.16mg (14.38%), Vitamin B5: 0.84mg (8.41%), Vitamin D: 1.06µg (7.08%), Vitamin K: 6.79µg (6.47%)