



## Irish Cream Pie

READY IN



330 min.

SERVINGS



8

CALORIES



468 kcal

DESSERT

## Ingredients

- 0.8 cup flour all-purpose
- 0.5 cup butter softened
- 0.3 cup powdered sugar
- 0.3 cup pecans finely chopped
- 2 tablespoons cocoa powder unsweetened
- 0.5 cup milk
- 32 large marshmallows
- 0.3 cup baileys irish cream
- 1.5 cups whipping cream

1 serving baker's chocolate grated

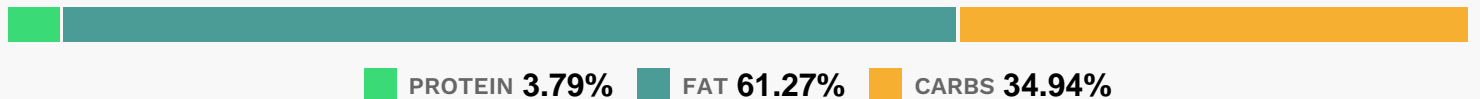
## Equipment

- bowl
- sauce pan
- oven
- wire rack
- hand mixer

## Directions

- Heat oven to 400°F. In medium bowl, mix all crust ingredients until soft dough forms. Press firmly and evenly against bottom and side of ungreased 9-inch glass pie plate.
- Bake 12 to 15 minutes or until light brown. Cool completely on cooling rack, about 30 minutes.
- In 3-quart saucepan, heat milk and marshmallows over low heat, stirring constantly, just until marshmallows are melted. Refrigerate about 20 minutes, stirring occasionally, until mixture mounds slightly when dropped from a spoon. (If mixture becomes too thick, place saucepan in bowl of warm water; stir mixture until proper consistency.) Gradually stir in liqueur.
- In chilled medium bowl, beat whipping cream with electric mixer on high speed until stiff. Fold marshmallow mixture into whipped cream.
- Spread in pie crust.
- Sprinkle with grated chocolate. Cover; refrigerate until set, at least 4 hours but no longer than 48 hours. Store in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:22.94, Glycemic Load:20.51, Inflammation Score:-7, Nutrition Score:6.1317391097546%

## Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg, Catechin:

1.14mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg  
Epicatechin: 2.66mg, Epicatechin: 2.66mg, Epicatechin: 2.66mg, Epicatechin: 2.66mg Epigallocatechin 3-gallate:  
0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate:  
0.08mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## **Nutrients (% of daily need)**

Calories: 468.34kcal (23.42%), Fat: 32.16g (49.47%), Saturated Fat: 14.09g (88.06%), Carbohydrates: 41.25g  
(13.75%), Net Carbohydrates: 40.09g (14.58%), Sugar: 23.99g (26.65%), Cholesterol: 52.26mg (17.42%), Sodium:  
174.64mg (7.59%), Alcohol: 1.33g (100%), Alcohol %: 1.27% (100%), Protein: 4.48g (8.96%), Vitamin A: 1190.09IU  
(23.8%), Manganese: 0.29mg (14.49%), Vitamin B2: 0.18mg (10.39%), Selenium: 6.42µg (9.17%), Vitamin B1: 0.13mg  
(8.99%), Phosphorus: 78.55mg (7.86%), Copper: 0.14mg (7.08%), Folate: 24.84µg (6.21%), Vitamin E: 0.91mg (6.1%),  
Calcium: 59.21mg (5.92%), Vitamin D: 0.88µg (5.88%), Iron: 0.94mg (5.2%), Magnesium: 19.29mg (4.82%), Fiber:  
1.15g (4.62%), Vitamin B3: 0.83mg (4.15%), Zinc: 0.51mg (3.43%), Potassium: 119.24mg (3.41%), Vitamin B12: 0.17µg  
(2.8%), Vitamin B5: 0.27mg (2.68%), Vitamin B6: 0.04mg (2.04%), Vitamin K: 1.67µg (1.59%)