



## Irish Cream Pie

READY IN



330 min.

SERVINGS



8

CALORIES



473 kcal

DESSERT

## Ingredients

- 8 servings baker's chocolate grated
- 0.5 cup butter softened
- 0.8 cup flour all-purpose
- 0.3 cup baileys irish cream
- 32 large marshmallows
- 0.5 cup milk
- 0.3 cup pecans finely chopped
- 0.3 cup powdered sugar
- 2 tablespoons cocoa powder unsweetened

1.5 cups whipping cream

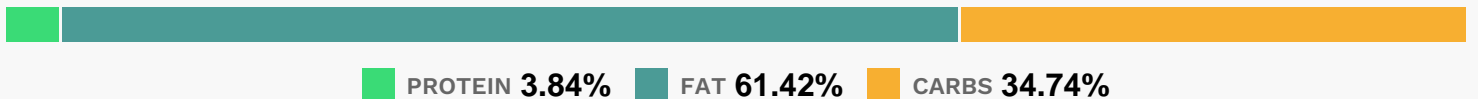
## Equipment

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

## Directions

- Heat oven to 400F. 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:6.4391303697358%

## 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: 1.7mg, Catechin: 1.7mg, Catechin: 1.7mg, Catechin:

1.7mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg  
Epicatechin: 3.9mg, Epicatechin: 3.9mg, Epicatechin: 3.9mg, Epicatechin: 3.9mg 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: 472.72kcal (23.64%), Fat: 32.61g (50.18%), Saturated Fat: 14.37g (89.83%), Carbohydrates: 41.51g (13.84%),  
Net Carbohydrates: 40.21g (14.62%), Sugar: 24g (26.66%), Cholesterol: 52.26mg (17.42%), Sodium: 174.85mg  
(7.6%), Alcohol: 1.33g (100%), Alcohol %: 1.26% (100%), Caffeine: 3.67mg (1.23%), Protein: 4.59g (9.18%), Vitamin A:  
1190.09IU (23.8%), Manganese: 0.33mg (16.31%), Vitamin B2: 0.18mg (10.44%), Selenium: 6.49µg (9.27%), Vitamin  
B1: 0.14mg (9.07%), Copper: 0.17mg (8.5%), Phosphorus: 82.05mg (8.21%), Folate: 25.08µg (6.27%), Vitamin E:  
0.92mg (6.12%), Iron: 1.09mg (6.05%), Calcium: 60.1mg (6.01%), Vitamin D: 0.88µg (5.88%), Magnesium: 22.15mg  
(5.54%), Fiber: 1.3g (5.2%), Vitamin B3: 0.84mg (4.21%), Zinc: 0.6mg (3.99%), Potassium: 126.51mg (3.61%), Vitamin  
B12: 0.17µg (2.8%), Vitamin B5: 0.27mg (2.7%), Vitamin B6: 0.04mg (2.05%), Vitamin K: 1.76µg (1.67%)