



WHATSHATE



Mexican Chocolate Cream Pie

READY IN



240 min.

SERVINGS



8

CALORIES



279 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 2 tablespoons cornstarch
- ☐ 2 ounces chocolate dark chopped
- ☐ 1 large eggs
- ☐ 2 tablespoons egg whites
- ☐ 1 large egg yolk
- ☐ 1.5 cups graham cracker crumbs divided (10 cookie sheets)
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground pepper red

- ☐ 0.3 teaspoon espresso powder instant
- ☐ 1.8 cups milk 2% reduced-fat
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 2 tablespoons sugar
- ☐ 1 tablespoon cocoa powder unsweetened
- ☐ 1.5 cups non-dairy whipped topping frozen thawed reduced-calorie

Equipment

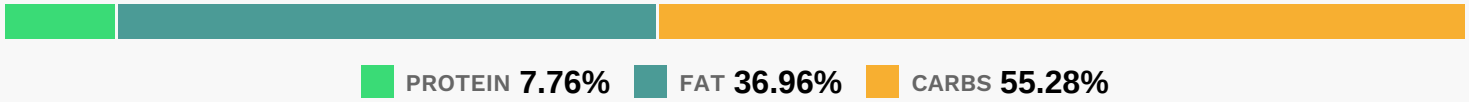
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ plastic wrap

Directions

- ☐ Preheat oven to 375
- ☐ To prepare the crust, reserve 1 tablespoon crumbs for topping.
- ☐ Combine the remaining crumbs, 2 tablespoons sugar, cinnamon, and 1/8 teaspoon salt in a bowl, stirring well. Stir in egg white and butter. Press crumb mixture into bottom and up sides of a 9-inch pie plate coated with cooking spray.
- ☐ Bake at 375 for 9 minutes or until lightly toasted; cool completely on a wire rack.
- ☐ To prepare filling, combine 1/2 cup sugar and the next 7 ingredients (through egg yolk) in a bowl, stirring well with a whisk.
- ☐ Place milk in a medium, heavy saucepan over medium-high heat; cook until milk reaches 180°F or until tiny bubbles form around edge (do not boil). Gradually add hot milk to egg mixture, stirring constantly with a whisk. Return milk mixture to pan; cook over medium heat 10 minutes or until thick and bubbly, stirring constantly.

- ☐ Remove from heat.
- ☐ Add chocolate; stir until smooth.
- ☐ Place pan in a large ice-filled bowl for 10 minutes or until mixture cools, stirring occasionally. Spoon filling into crust, and cover surface of filling with plastic wrap. Chill 3 hours or until set; remove plastic wrap.
- ☐ Spread whipped topping over pie; sprinkle with reserved cracker crumbs.

Nutrition Facts



Properties

Glycemic Index:40.52, Glycemic Load:19.88, Inflammation Score:-3, Nutrition Score:6.0800000241269%

Flavonoids

Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 278.82kcal (13.94%), Fat: 11.61g (17.86%), Saturated Fat: 6.47g (40.43%), Carbohydrates: 39.07g (13.02%), Net Carbohydrates: 37.37g (13.59%), Sugar: 26.81g (29.78%), Cholesterol: 58.35mg (19.45%), Sodium: 214.98mg (9.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 8.09mg (2.7%), Protein: 5.48g (10.96%), Phosphorus: 138.8mg (13.88%), Vitamin B2: 0.21mg (12.56%), Manganese: 0.22mg (10.96%), Iron: 1.82mg (10.1%), Calcium: 100.5mg (10.05%), Magnesium: 36.93mg (9.23%), Selenium: 6.25µg (8.92%), Copper: 0.17mg (8.41%), Vitamin B12: 0.43µg (7.13%), Fiber: 1.7g (6.79%), Zinc: 0.99mg (6.58%), Potassium: 195.53mg (5.59%), Vitamin A: 231.43IU (4.63%), Vitamin B1: 0.07mg (4.57%), Folate: 16.79µg (4.2%), Vitamin B5: 0.39mg (3.86%), Vitamin B3: 0.77mg (3.85%), Vitamin B6: 0.06mg (3.06%), Vitamin E: 0.34mg (2.3%), Vitamin D: 0.24µg (1.6%), Vitamin K: 1.47µg (1.4%)