



Mexican Chocolate Ice-cream Pie

READY IN



650 min.

SERVINGS



8

CALORIES



780 kcal

Ingredients

- ☐ 4 oz bittersweet chocolate finely chopped
- ☐ 0.5 cup butter melted
- ☐ 1 pt ice-cream chocolate shell softened
- ☐ 0.3 cup rum / brandy / coffee liqueur
- ☐ 3 cups graham cracker crumbs whole divided (22 crackers)
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 pt whipped cream softened
- ☐ 3.5 oz pecans
- ☐ 1 cup whipping cream

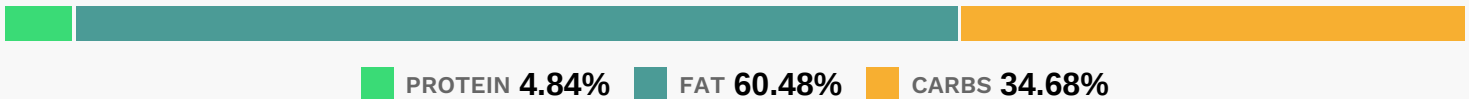
Equipment

- ☐ oven
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Preheat oven to 35
- ☐ Stir together 2 1/2 cups cinnamon graham cracker crumbs and next 2 ingredients; firmly press mixture on bottom and up sides of a lightly greased 9-inch pie plate.
- ☐ Bake 10 to 12 minutes or until lightly browned. Cool completely on a wire rack (about 30 minutes).
- ☐ Stir together semisweet chocolate, pecan pieces, and remaining 1/2 cup cinnamon graham cracker crumbs. Reserve 1/2 cup chocolate-pecan mixture to top pie.
- ☐ Spread chocolate ice cream in bottom of prepared crust; top with remaining chocolate-pecan mixture. Freeze 30 minutes.
- ☐ Spread coffee ice cream over chocolate mixture. Cover and freeze 8 hours.
- ☐ Beat whipping cream and coffee liqueur at medium speed with an electric mixer until stiff peaks form.
- ☐ Spread whipped cream mixture over pie; sprinkle with reserved 1/2 cup chocolate-pecan mixture. Cover and freeze 1 hour or until whipped cream is firm.
- ☐ Let stand 10 to 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:34.63, Glycemic Load:33.28, Inflammation Score:-7, Nutrition Score:14.362173977106%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg

Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3–gallate: 0.29mg, Epigallocatechin 3–gallate: 0.29mg, Epigallocatechin 3–gallate: 0.29mg, Epigallocatechin 3–gallate: 0.29mg

Nutrients (% of daily need)

Calories: 779.9kcal (38.99%), Fat: 52.8g (81.23%), Saturated Fat: 26.56g (166.02%), Carbohydrates: 68.14g (22.71%), Net Carbohydrates: 63.6g (23.13%), Sugar: 44.84g (49.82%), Cholesterol: 111.11mg (37.04%), Sodium: 401.14mg (17.44%), Alcohol: 1.6g (100%), Alcohol %: 0.89% (100%), Caffeine: 13.96mg (4.65%), Protein: 9.5g (19.01%), Manganese: 0.83mg (41.75%), Phosphorus: 281.08mg (28.11%), Vitamin A: 1326.97IU (26.54%), Vitamin B2: 0.42mg (24.51%), Magnesium: 86.43mg (21.61%), Copper: 0.43mg (21.61%), Calcium: 205.67mg (20.57%), Fiber: 4.54g (18.15%), Iron: 3.15mg (17.51%), Zinc: 2.39mg (15.9%), Vitamin B1: 0.21mg (14.28%), Potassium: 484.88mg (13.85%), Vitamin B5: 0.91mg (9.12%), Vitamin B3: 1.69mg (8.44%), Vitamin B12: 0.5µg (8.32%), Vitamin E: 1.23mg (8.22%), Folate: 31.32µg (7.83%), Selenium: 5.25µg (7.49%), Vitamin B6: 0.14mg (6.78%), Vitamin D: 0.71µg (4.75%), Vitamin K: 3.8µg (3.62%), Vitamin C: 1.13mg (1.37%)