



Mile-High Chocolate Pie

READY IN



45 min.

SERVINGS



10

CALORIES



785 kcal

DESSERT

Ingredients

- ☐ 10 ounces bittersweet chocolate 71% shaved with a vegetable peeler for garnish plus more chopped (do not exceed cacao)
- ☐ 1 cup chocolate wafers such as nabisco famous divided crushed (such as Nabisco Famous Chocolate Wafers)
- ☐ 0.5 cup crème fraîche
- ☐ 4 large egg whites
- ☐ 4 cups cup heavy whipping cream divided
- ☐ 0.1 teaspoon kosher salt
- ☐ 1 pie crust dough homemade store-bought
- ☐ 0.8 cup sugar

- ☐ 3 tablespoons butter unsalted

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ hand mixer

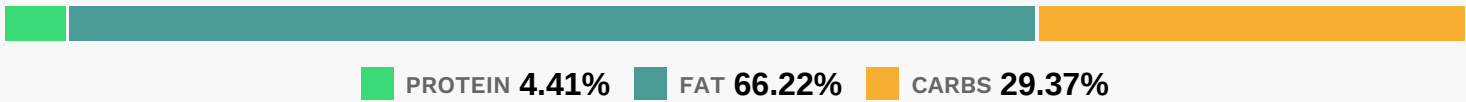
Directions

- ☐ Preheat oven to 350°F. Line pie dish with crust; crimp edges decoratively. Fully bake pie crust according to recipe or box instructions.
- ☐ Let cool completely.
- ☐ Whisk egg whites and sugar in a medium heatproof bowl set over a medium saucepan of simmering water until sugar dissolves and egg whites are warm but not hot, 3–4 minutes.
- ☐ Remove from heat. Using an electric mixer, beat on medium–high speed until cool, tripled in volume, and stiff peaks form (the tips of the peaks won't fall over when beaters are lifted from bowl and turned upright), about 6 minutes.
- ☐ Stir chopped chocolate and butter in a large bowl set over same saucepan of simmering water until melted and smooth, 4–5 minutes; set aside.
- ☐ Beat 2 cups cream in another medium bowl until medium peaks form (cream should be soft and pillowy), 5–6 minutes.
- ☐ Gently fold egg whites into warm chocolate mixture until fully incorporated (work quickly to prevent chocolate from turning gritty). Gently fold in whipped cream just until no white streaks remain; do not overmix or mixture will deflate. Spoon 1/2 cup chocolate mousse into bottom of prepared pie crust; spread evenly over bottom of crust.
- ☐ Sprinkle 3/4 cup plus 2 tablespoons crushed chocolate wafers over mousse. Top with remaining mousse, mounding in the center to create a dome. (The point is to add height, not to spread out evenly to edges.) Chill pie.
- ☐ Beat remaining 2 cups cream, crème fraîche, and salt until medium–stiff peaks form (when the beaters are lifted from the cream, the peaks will hold their shape but the tips will fall over).

Topchocolate mousse with whipped-creammixture, following the same rounded dome shape. Chill pie for at least4 hours or, covered, for up to 3 days.(It will slice best if chilled overnight,allowing mousse to set properly.)

- ☐
- Garnish pie with 2 tablespoons chocolatewafers and chocolate shavings. Slice pieusing a clean, dry knife; wipe betweenlices to ensure clean, elegant pieces.

Nutrition Facts



Properties

Glycemic Index:11.96, Glycemic Load:18.59, Inflammation Score:-8, Nutrition Score:12.50434790746%

Nutrients (% of daily need)

Calories: 785.45kcal (39.27%), Fat: 58.73g (90.35%), Saturated Fat: 33.85g (211.57%), Carbohydrates: 58.6g (19.53%), Net Carbohydrates: 55.1g (20.04%), Sugar: 37.49g (41.66%), Cholesterol: 125.57mg (41.86%), Sodium: 290.45mg (12.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 26.75mg (8.92%), Protein: 8.8g (17.6%), Vitamin A: 1593.23IU (31.86%), Manganese: 0.62mg (31%), Copper: 0.49mg (24.67%), Vitamin B2: 0.37mg (21.54%), Magnesium: 74.34mg (18.58%), Phosphorus: 184.12mg (18.41%), Iron: 3.3mg (18.36%), Selenium: 10.75µg (15.36%), Fiber: 3.5g (13.99%), Vitamin D: 1.59µg (10.57%), Calcium: 104.69mg (10.47%), Potassium: 354.56mg (10.13%), Vitamin E: 1.43mg (9.55%), Zinc: 1.36mg (9.08%), Vitamin B1: 0.13mg (8.4%), Vitamin B3: 1.46mg (7.3%), Folate: 28.17µg (7.04%), Vitamin K: 7.36µg (7.01%), Vitamin B5: 0.56mg (5.55%), Vitamin B12: 0.27µg (4.46%), Vitamin B6: 0.07mg (3.45%)