



Mিনny's Chocolate Pie

READY IN



90 min.

SERVINGS



20

CALORIES



216 kcal

DESSERT

Ingredients

- ☐ 2 large eggs beaten
- ☐ 0.8 cup evaporated milk
- ☐ 1 package d pie dough crust such as pillsbury
- ☐ 0.3 teaspoon salt
- ☐ 1.5 cups sugar
- ☐ 4 tablespoons butter unsalted melted
- ☐ 3 tablespoons cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract pure
- ☐ 20 servings whipped cream for serving

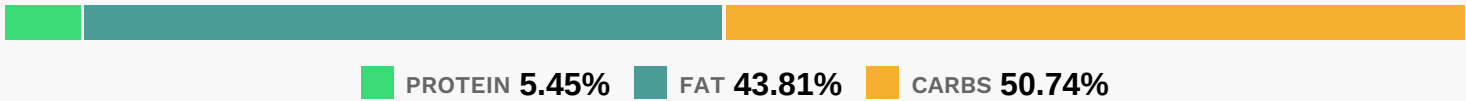
Equipment

- ☐ bowl
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 35
- ☐ Ease the pie crust into a 9-inch pie plate and crimp the edges decoratively. Prick the crust lightly with a fork. Line the crust with foil or parchment paper and fill with pie weights or dried beans.
- ☐ Bake for 15 minutes or until set.
- ☐ Remove the foil and weights and bake for about 5 minutes longer, just until the crust is dry but not browned.
- ☐ Meanwhile, in a bowl, whisk the sugar with the cocoa powder, butter, eggs, evaporated milk, vanilla and salt until smooth.
- ☐ Pour the filling into the pie shell and bake for about 45 minutes, until the filling is set around the edges but a little jiggly in the center. Cover the crust with strips of foil halfway through baking.
- ☐ Transfer the pie to a rack and let cool completely before cutting into wedges.
- ☐ Serve with whipped cream.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:10.88, Inflammation Score:-2, Nutrition Score:3.0513043235178%

Flavonoids

Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epicatechin: 1.47mg, Epicatechin: 1.47mg, Epicatechin: 1.47mg, Epicatechin: 1.47mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 215.98kcal (10.8%), Fat: 10.68g (16.43%), Saturated Fat: 4.71g (29.46%), Carbohydrates: 27.83g (9.28%), Net Carbohydrates: 27g (9.82%), Sugar: 16.46g (18.29%), Cholesterol: 31.92mg (10.64%), Sodium: 137.28mg (5.97%), Alcohol: 0.07g (100%), Alcohol %: 0.14% (100%), Protein: 2.99g (5.98%), Manganese: 0.13mg (6.46%), Vitamin B2: 0.1mg (5.87%), Phosphorus: 56.45mg (5.65%), Folate: 19.01µg (4.75%), Selenium: 3.32µg (4.74%), Vitamin B1: 0.07mg (4.66%), Iron: 0.79mg (4.41%), Calcium: 39.53mg (3.95%), Fiber: 0.83g (3.31%), Vitamin A: 160.88IU (3.22%), Vitamin B3: 0.64mg (3.19%), Magnesium: 10.65mg (2.66%), Copper: 0.05mg (2.62%), Vitamin B5: 0.25mg (2.49%), Potassium: 78.37mg (2.24%), Zinc: 0.31mg (2.09%), Vitamin K: 2.01µg (1.91%), Vitamin E: 0.27mg (1.82%), Vitamin B6: 0.03mg (1.39%), Vitamin B12: 0.08µg (1.36%), Vitamin D: 0.18µg (1.17%)