

Mississippi Mud Pie

 Vegetarian

READY IN

ready

190 min.

SERVINGS

servings

8

CALORIES

calories

639 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons coffee-flavored liqueur
- ☐ 1 tablespoon confectioners' sugar
- ☐ 2 tablespoons plus light
- ☐ 3 large eggs
- ☐ 2 tablespoons flour all-purpose
- ☐ 9 chocolate graham crackers (1 sleeve)
- ☐ 1.3 cups granulated sugar
- ☐ 1.5 cups heavy cream cold

- ☐ 0.3 cup pecans chopped
- ☐ 3 tablespoons pecans finely chopped
- ☐ 1 pinch salt
- ☐ 1 stick butter unsalted cut into pieces
- ☐ 3 tablespoons butter unsalted melted
- ☐ 2 ounces chocolate unsweetened chopped
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1.5 teaspoons vanilla extract

Equipment

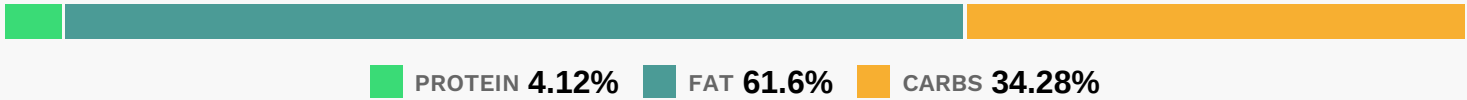
- ☐ food processor
- ☐ sauce pan
- ☐ oven
- ☐ blender

Directions

- ☐ Make the crust: Preheat the oven to 375 degrees F. Pulse the graham crackers and pecans in a food processor until finely ground.
- ☐ Add the melted butter and process until moistened. Reserve 2 tablespoons of the chocolate crumb mixture for topping, then press the rest into the bottom and up the sides of a 9-inch pie plate.
- ☐ Bake until set, about 10 minutes; transfer to a rack and let cool.
- ☐ Meanwhile, make the filling: Melt the butter and chocolate in a medium saucepan over medium heat, stirring.
- ☐ Remove from the heat, then stir in the flour and salt until smooth. Stir in the sugar, corn syrup, coffee liqueur and vanilla.
- ☐ Add the eggs, one at a time, stirring until smooth.
- ☐ Pour the filling into the prepared crust and bake until set and cracked on top (like a brownie), about 30 minutes.
- ☐ Transfer to a rack and let cool slightly, about 2 hours (the pie should still be slightly warm).

- ☐
- Make the whipped cream: Beat the heavy cream, confectioners' sugar and vanilla with a mixer until soft peaks form. Top the pie with the whipped cream, pecans and reserved chocolate crumb mixture.
- ☐
- Drizzle with chocolate sauce.
- ☐
- Photograph by Kat Deutsch

Nutrition Facts



Properties

Glycemic Index:32.26, Glycemic Load:32.17, Inflammation Score:-7, Nutrition Score:10.310434867506%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 5.16mg, Catechin: 5.16mg, Catechin: 5.16mg, Catechin: 5.16mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 10.12mg, Epicatechin: 10.12mg, Epicatechin: 10.12mg, Epicatechin: 10.12mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg

Nutrients (% of daily need)

Calories: 639.37kcal (31.97%), Fat: 45g (69.23%), Saturated Fat: 23.86g (149.13%), Carbohydrates: 56.34g (18.78%), Net Carbohydrates: 53.78g (19.56%), Sugar: 43.68g (48.53%), Cholesterol: 161.83mg (53.94%), Sodium: 155.31mg (6.75%), Alcohol: 1.16g (100%), Alcohol %: 0.93% (100%), Caffeine: 5.67mg (1.89%), Protein: 6.77g (13.54%), Manganese: 0.69mg (34.57%), Vitamin A: 1246.06IU (24.92%), Copper: 0.36mg (18.03%), Phosphorus: 152.87mg (15.29%), Vitamin B2: 0.25mg (14.6%), Iron: 2.57mg (14.3%), Selenium: 9.05µg (12.92%), Magnesium: 48.85mg (12.21%), Zinc: 1.77mg (11.81%), Fiber: 2.56g (10.23%), Vitamin D: 1.38µg (9.2%), Vitamin B1: 0.14mg (9.1%), Vitamin E: 1.2mg (8.02%), Calcium: 71.44mg (7.14%), Folate: 25.66µg (6.42%), Potassium: 197.8mg (5.65%), Vitamin B5: 0.51mg (5.15%), Vitamin B3: 0.95mg (4.77%), Vitamin B12: 0.27µg (4.52%), Vitamin B6: 0.08mg (4.21%), Vitamin K: 3.82µg (3.64%)