



Mississippi Mud Pie

READY IN



45 min.

SERVINGS



10

CALORIES



278 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 2 tablespoons butter chilled cut into small pieces
- ☐ 3 tablespoons butter
- ☐ 0.3 cup dutch-processed cocoa powder
- ☐ 4 large egg whites
- ☐ 0.8 cup flour all-purpose
- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup water
- ☐ 0.3 teaspoon salt

- ☐ 1 Dash salt
- ☐ 1 ounce semi chocolate chips
- ☐ 1 cup sugar
- ☐ 2 tablespoons sugar
- ☐ 2 tablespoons cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 2.5 tablespoons shortening

Equipment

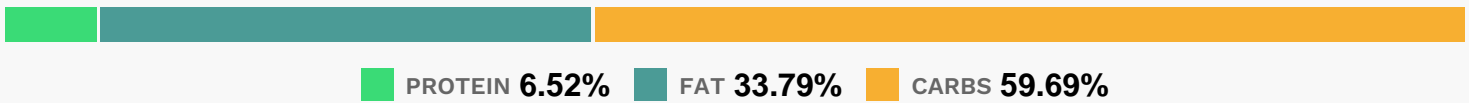
- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ To prepare crust, weigh or lightly spoon 5 ounces (about 1 cup) flour into a dry measuring cup; level with a knife.
- ☐ Combine 5 ounces flour, 2 tablespoons sugar, 2 tablespoons unsweetened cocoa, and 1/4 teaspoon salt in a food processor; pulse 2 times or until blended.
- ☐ Add shortening and chilled butter; pulse 6 times or until mixture resembles coarse meal. With processor on, slowly pour ice water through food chute, processing just until blended (do not allow dough to form a ball); remove from bowl. Gently press mixture into a 4-inch circle; wrap in plastic wrap. Chill 30 minutes.
- ☐ Preheat oven to 35

- ☐ Unwrap and place chilled dough on plastic wrap. Lightly sprinkle dough with flour; roll to a 10-inch circle. Fit dough, plastic wrap side up, into a 9-inch pie plate coated with cooking spray.
- ☐ Remove remaining plastic wrap. Fold edges under, and flute.
- ☐ To prepare filling, place 3 tablespoons butter and chocolate in a microwave-safe bowl. Microwave at HIGH 30 seconds or until butter and chocolate melt, stirring well to combine.
- ☐ Place vanilla and egg whites in a bowl; beat with a mixer at medium speed until foamy. Gradually add 1 cup sugar; beat until soft peaks form (about 2 minutes). Gently fold melted chocolate mixture into egg white mixture.
- ☐ Weigh or lightly spoon 4 ounces flour and 1/3 cup Dutch process cocoa into dry measuring cups; level with a knife.
- ☐ Combine flour, cocoa, baking powder, and dash of salt in a small bowl, stirring with a whisk. Fold flour mixture into egg white mixture.
- ☐ Pour mixture into prepared crust.
- ☐ Bake at 350 for 40 minutes or until a wooden pick inserted in center comes out clean. Cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:48.22, Glycemic Load:27.77, Inflammation Score:-4, Nutrition Score:6.0069565785968%

Flavonoids

Catechin: 2.51mg, Catechin: 2.51mg, Catechin: 2.51mg, Catechin: 2.51mg Epicatechin: 7.6mg, Epicatechin: 7.6mg, Epicatechin: 7.6mg, Epicatechin: 7.6mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 277.7kcal (13.88%), Fat: 10.8g (16.62%), Saturated Fat: 5.37g (33.55%), Carbohydrates: 42.93g (14.31%), Net Carbohydrates: 40.69g (14.79%), Sugar: 23.67g (26.3%), Cholesterol: 15.22mg (5.07%), Sodium: 152.35mg (6.62%), Alcohol: 0.14g (100%), Alcohol %: 0.22% (100%), Caffeine: 11.33mg (3.78%), Protein: 4.69g (9.38%), Manganese: 0.34mg (16.93%), Selenium: 11.05µg (15.79%), Vitamin B1: 0.18mg (11.81%), Copper: 0.22mg (10.97%), Vitamin B2: 0.18mg (10.81%), Folate: 42.01µg (10.5%), Iron: 1.78mg (9.89%), Fiber: 2.25g (8.99%), Magnesium: 30.85mg (7.71%), Vitamin B3: 1.42mg (7.09%), Phosphorus: 67.44mg (6.74%), Vitamin A: 176.35IU (3.53%), Potassium: 122.54mg (3.5%), Zinc: 0.51mg (3.37%), Vitamin E: 0.39mg (2.62%), Calcium: 24.86mg (2.49%), Vitamin

K: 2.56µg (2.44%), Vitamin B5: 0.17mg (1.69%)