



WHATSheATE



Mississippi Mud S'Mores-Fudge Pie

READY IN



120 min.

SERVINGS



12

CALORIES



732 kcal

DESSERT

Ingredients

- ☐ 4 oz semisweet chocolate baking bar chopped
- ☐ 0.5 cup butter melted
- ☐ 1 cup butter
- ☐ 4 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 2 cups graham cracker crumbs
- ☐ 2 cups marshmallows miniature
- ☐ 3 cups regular marshmallows cut in half horizontally
- ☐ 1.5 cups pecans divided toasted coarsely chopped

- ☐ 0.8 teaspoon salt
- ☐ 2.3 cups sugar divided
- ☐ 0.5 cup cocoa unsweetened
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ broiler
- ☐ microwave
- ☐ springform pan

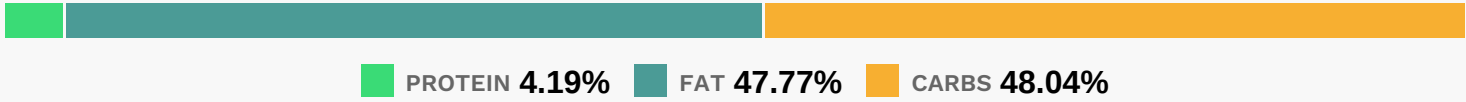
Directions

- ☐ Stir together first 2 ingredients and 1/4 cup sugar; press on bottom and 2 inches up sides of a shiny 9-inch springform pan.
- ☐ Sprinkle 3/4 cup pecans over crust.
- ☐ Microwave chopped chocolate and 1 cup butter in a large microwave-safe glass bowl at HIGH 1 minute or until melted and smooth, stirring at 30-second intervals.
- ☐ Whisk flour, next 4 ingredients, and remaining 2 cups sugar into chocolate mixture, whisking until blended.
- ☐ Pour batter into prepared crust.
- ☐ Bake at 350 for 1 hour to 1 hour and 15 minutes or until a wooden pick inserted in center comes out with a few moist crumbs.
- ☐ Remove from oven, and cool in pan on a wire rack 20 minutes.
- ☐ Preheat broiler with oven rack on lowest level from heat.
- ☐ Place pie (in pan) on a jelly-roll pan. Toss together both marshmallows; mound on pie, leaving a 1/2-inch border around edge. Broil 30 seconds to 1 minute or until marshmallows are golden

brown.

- ☐ Remove from oven, and immediately remove sides of pan. Cool on a wire rack 10 minutes.
- ☐ Meanwhile, prepare Chocolate Frosting.
- ☐ Drizzle over marshmallows; sprinkle with remaining 3/4 cup pecans.

Nutrition Facts



Properties

Glycemic Index:37.51, Glycemic Load:55.72, Inflammation Score:-6, Nutrition Score:12.140434780846%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 3.31mg, Catechin: 3.31mg, Catechin: 3.31mg, Catechin: 3.31mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 7.15mg, Epicatechin: 7.15mg, Epicatechin: 7.15mg, Epicatechin: 7.15mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 732.01kcal (36.6%), Fat: 40.25g (61.92%), Saturated Fat: 18.58g (116.11%), Carbohydrates: 91.06g (30.35%), Net Carbohydrates: 86.75g (31.54%), Sugar: 60.48g (67.2%), Cholesterol: 123.57mg (41.19%), Sodium: 467.8mg (20.34%), Alcohol: 0.11g (100%), Alcohol %: 0.09% (100%), Caffeine: 16.37mg (5.46%), Protein: 7.95g (15.9%), Manganese: 0.99mg (49.59%), Copper: 0.49mg (24.26%), Selenium: 13.21µg (18.87%), Phosphorus: 175.76mg (17.58%), Iron: 3.12mg (17.35%), Fiber: 4.31g (17.26%), Vitamin B1: 0.26mg (17.25%), Magnesium: 65.85mg (16.46%), Vitamin A: 811.45IU (16.23%), Vitamin B2: 0.24mg (13.84%), Folate: 48.13µg (12.03%), Zinc: 1.75mg (11.66%), Vitamin B3: 1.82mg (9.08%), Vitamin E: 1.09mg (7.29%), Potassium: 237.85mg (6.8%), Vitamin B5: 0.51mg (5.12%), Calcium: 50.84mg (5.08%), Vitamin B6: 0.09mg (4.35%), Vitamin B12: 0.21µg (3.56%), Vitamin K: 3.33µg (3.17%), Vitamin D: 0.33µg (2.22%)