



Mocha-Almond Pie

READY IN



45 min.

SERVINGS



8

CALORIES



204 kcal

DESSERT

Ingredients

- ☐ 0.1 teaspoon almond extract
- ☐ 1 tablespoon almonds toasted sliced
- ☐ 2 large egg yolks lightly beaten
- ☐ 1.5 teaspoons gelatin powder unflavored
- ☐ 0.5 teaspoon espresso grounds instant
- ☐ 1 tablespoon espresso grounds instant
- ☐ 1 cup evaporated milk low-fat
- ☐ 3 tablespoons sugar
- ☐ 1 teaspoon cocoa unsweetened

- ☐ 2 tablespoons cocoa unsweetened
- ☐ 15 cream-filled chocolate sandwich cookies reduced-fat (such as Reduced Fat Oreos)
- ☐ 1 tablespoon water hot
- ☐ 2 tablespoons water
- ☐ 1.3 cups non-dairy whipped topping frozen thawed reduced-calorie

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ To prepare crust, place cookies in a food processor; process until crumbly.
- ☐ Add hot water, 1 teaspoon cocoa, and 1/2 teaspoon espresso; pulse 5 times or just until moist. Press into bottom and up sides of a 9-inch pie plate coated with cooking spray; set aside.
- ☐ To prepare filling, sprinkle gelatin over 2 tablespoons water in a small saucepan; let stand 1 minute. Cook over low heat, stirring until gelatin dissolves (about 3 minutes).
- ☐ Remove from heat; stir in 1 tablespoon espresso, and set aside.
- ☐ Combine sugar and 2 tablespoons cocoa in a small saucepan over low heat. Gradually add milk; cook until smooth (about 6 minutes), stirring frequently with a whisk. Gradually add hot milk mixture to egg yolks, stirring constantly with a whisk. Return egg mixture to pan. Cook over medium heat until thick (about 4 minutes), stirring constantly.
- ☐ Remove from heat. Stir in gelatin mixture.
- ☐ Place pan in a large ice-filled bowl until filling cools to room temperature (about 15 minutes), stirring occasionally. Stir in almond extract. Spoon filling mixture into a large bowl; chill 30 minutes. Fold in whipped topping. Spoon filling into prepared crust. Chill 8 hours.
- ☐ Sprinkle with almonds.

Nutrition Facts



Properties

Glycemic Index:10.01, Glycemic Load:3.15, Inflammation Score:-2, Nutrition Score:4.9199999104375%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.91mg, Catechin: 0.91mg, Catechin: 0.91mg, Catechin: 0.91mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 2.71mg, Epicatechin: 2.71mg, Epicatechin: 2.71mg, Epicatechin: 2.71mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 203.71kcal (10.19%), Fat: 8.32g (12.81%), Saturated Fat: 3.16g (19.76%), Carbohydrates: 28.17g (9.39%), Net Carbohydrates: 26.85g (9.76%), Sugar: 19.72g (21.92%), Cholesterol: 51.57mg (17.19%), Sodium: 137.57mg (5.98%), Alcohol: 0.02g (100%), Alcohol %: 0.03% (100%), Caffeine: 25.88mg (8.63%), Protein: 5.59g (11.19%), Iron: 3.13mg (17.38%), Manganese: 0.25mg (12.45%), Copper: 0.16mg (8.15%), Vitamin E: 1.05mg (6.97%), Phosphorus: 64.66mg (6.47%), Selenium: 4.49µg (6.41%), Vitamin B2: 0.11mg (6.31%), Vitamin K: 6.62µg (6.3%), Magnesium: 24.32mg (6.08%), Folate: 21.5µg (5.37%), Fiber: 1.32g (5.27%), Vitamin B3: 0.87mg (4.34%), Vitamin B1: 0.06mg (3.87%), Potassium: 123.82mg (3.54%), Calcium: 33.89mg (3.39%), Zinc: 0.41mg (2.75%), Vitamin B5: 0.21mg (2.06%), Vitamin B12: 0.11µg (1.77%), Vitamin D: 0.23µg (1.53%), Vitamin A: 72.66IU (1.45%), Vitamin B6: 0.03mg (1.3%)