



Moo-Less Chocolate Pie

READY IN



135 min.

SERVINGS



8

CALORIES



523 kcal

DESSERT

Ingredients

- ☐ 6.5 ounces chocolate wafers such as nabisco famous
- ☐ 0.3 cup rum / brandy / coffee liqueur
- ☐ 1 tablespoon honey
- ☐ 13 ounces semi chocolate chips
- ☐ 1 pound silken tofu drained
- ☐ 1 tablespoon sugar
- ☐ 3 ounces butter unsalted cooled melted
- ☐ 1 teaspoon vanilla extract

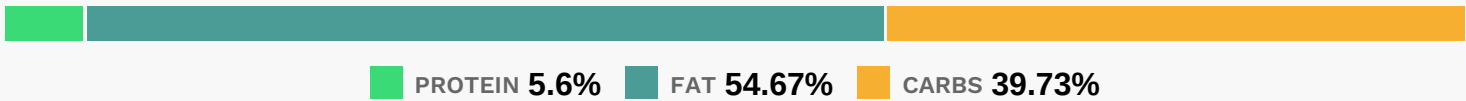
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ pie form
- ☐ baking spatula

Directions

- ☐ Watch how to make this recipe.
- ☐ Place enough water in the bottom of a 4-quart saucepan to come 1 inch up the sides. Bring to a simmer over medium heat.
- ☐ Melt the chocolate chips with the liqueur and vanilla in a medium metal bowl set over the simmering water, stirring often with a rubber or silicone spatula.
- ☐ Combine the tofu, chocolate mixture and honey in a blender or food processor and spin until smooth, about 1 minute.
- ☐ Pour the filling into the crust and refrigerate for 2 hours, or until the filling sets firm.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Spin the cookies and sugar in a food processor until fine crumbs. Then drizzle in the butter, pulsing to combine. Press this mixture firmly and evenly into the bottom, up the sides and just over the lip of a 9-inch metal pie pan.
- ☐ Bake on the middle rack of the oven until crust is set and appears dry, 18 to 20 minutes.
- ☐ Remove from the oven and cool completely, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:21.48, Glycemic Load:10.08, Inflammation Score:-5, Nutrition Score:10.854347799945%

Nutrients (% of daily need)

Calories: 522.8kcal (26.14%), Fat: 31.11g (47.86%), Saturated Fat: 16.8g (104.99%), Carbohydrates: 50.87g (16.96%), Net Carbohydrates: 46.34g (16.85%), Sugar: 34.59g (38.44%), Cholesterol: 26.08mg (8.69%), Sodium: 143.16mg (6.22%), Alcohol: 2.31g (100%), Alcohol %: 1.94% (100%), Caffeine: 41.92mg (13.97%), Protein: 7.17g (14.34%), Copper: 0.8mg (40.1%), Manganese: 0.77mg (38.72%), Magnesium: 110.06mg (27.51%), Iron: 4.31mg (23.97%), Phosphorus: 188.02mg (18.8%), Fiber: 4.53g (18.12%), Potassium: 416.32mg (11.89%), Zinc: 1.78mg (11.88%), Vitamin B1: 0.12mg (7.92%), Selenium: 5.32µg (7.6%), Vitamin B2: 0.11mg (6.58%), Vitamin B3: 1.22mg (6.12%), Vitamin A: 291.47IU (5.83%), Calcium: 56.06mg (5.61%), Vitamin E: 0.68mg (4.56%), Vitamin K: 4.61µg (4.39%), Folate: 11.2µg (2.8%), Vitamin B5: 0.24mg (2.4%), Vitamin B12: 0.12µg (2.03%), Vitamin B6: 0.03mg (1.74%), Vitamin D: 0.16µg (1.06%)