



Orange-Chocolate Mousse Pie

READY IN



45 min.

SERVINGS



12

CALORIES



326 kcal

Ingredients

- ☐ 8 ounce block cream cheese fat-free softened
- ☐ 8 ounce block softened
- ☐ 1 envelope gelatin powder unflavored
- ☐ 7 chocolate graham crackers
- ☐ 2 tablespoons grand marnier
- ☐ 4 teaspoons butter light melted
- ☐ 2 tablespoons orange juice fresh (1 orange)
- ☐ 3 teaspoons orange zest
- ☐ 12 servings orange zest for garnish
- ☐ 0.3 cup bittersweet chocolate melted

- ☐ 14 ounce condensed milk fat-free sweetened canned
- ☐ 0.8 cup cocoa unsweetened
- ☐ 3 cups non-dairy whipped topping fat-free frozen thawed for garnish

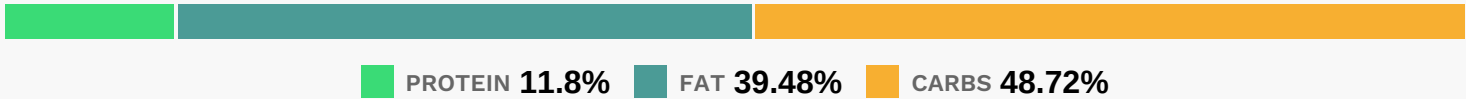
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ microwave
- ☐ springform pan

Directions

- ☐ Finely grind crackers in food processor.
- ☐ Remove to bowl.
- ☐ Add butter; mix well.
- ☐ Coat 9-inch springform pan with cooking spray; press crumbs into bottom.
- ☐ Bake at 350 for 10 minutes.
- ☐ Remove and cool.
- ☐ Combine orange zest, juice, and liqueur in microwave-safe dish.
- ☐ Add gelatin; set aside, 10 minutes. Microwave on HIGH, 20 seconds.
- ☐ Combine mixture and next 5 ingredients in bowl. Beat till smooth.
- ☐ Add 3 cups whipped topping; beat until color is uniform.
- ☐ Pour mixture into crust, cover; chill 34 hours.
- ☐ Serve with whipped topping and orange zest, if desired.

Nutrition Facts



Properties

Glycemic Index:17.83, Glycemic Load:15.81, Inflammation Score:-6, Nutrition Score:11.143478344316%

Flavonoids

Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 326.38kcal (16.32%), Fat: 14.86g (22.87%), Saturated Fat: 8.5g (53.1%), Carbohydrates: 41.28g (13.76%), Net Carbohydrates: 37.22g (13.53%), Sugar: 27.54g (30.6%), Cholesterol: 37.64mg (12.55%), Sodium: 305.3mg (13.27%), Alcohol: 0.65g (100%), Alcohol %: 0.64% (100%), Caffeine: 17.19mg (5.73%), Protein: 9.99g (19.99%), Phosphorus: 288.13mg (28.81%), Calcium: 236.77mg (23.68%), Vitamin C: 19.28mg (23.37%), Vitamin B2: 0.4mg (23.35%), Fiber: 4.06g (16.24%), Copper: 0.31mg (15.6%), Magnesium: 59.5mg (14.88%), Manganese: 0.28mg (13.97%), Selenium: 9.57µg (13.67%), Vitamin B12: 0.65µg (10.92%), Potassium: 378.34mg (10.81%), Zinc: 1.44mg (9.59%), Vitamin A: 473.46IU (9.47%), Iron: 1.65mg (9.16%), Vitamin B1: 0.11mg (7.45%), Folate: 25.41µg (6.35%), Vitamin B5: 0.61mg (6.1%), Vitamin B6: 0.1mg (4.97%), Vitamin B3: 0.79mg (3.97%), Vitamin E: 0.33mg (2.19%), Vitamin K: 1.26µg (1.2%)