



## Perfect Chocolate Cream Pie

 Popular

READY IN



190 min.

SERVINGS



8

CALORIES



476 kcal

DESSERT

## Ingredients

- ☐ 0.8 teaspoon chocolate extract (optional, but good!)
- ☐ 8 servings milk chocolate shavings for garnish
- ☐ 3.5 tablespoons cornstarch
- ☐ 4 large egg yolks
- ☐ 1 cups heavy whipping cream
- ☐ 1 prebaked 9-inch pie shell
- ☐ 8 tablespoons o powdered sugar
- ☐ 0.8 cup granulted sugar

- ☐ 2 Tbsp butter unsalted at room temperature
- ☐ 3 oz chocolate unsweetened chopped
- ☐ 2 tsp vanilla extract pure
- ☐ 2.5 cups milk whole

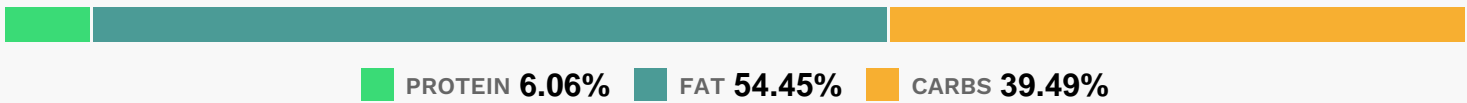
## Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap

## Directions

- ☐ Off heat, whisk the sugar, cornstarch, and salt together in a medium size saucepan, then whisk in the milk and egg yolks.
- ☐ Place the mixture over medium heat, constantly whisking and scraping the sides of the pan until the mixture begins to bubble and thicken.
- ☐ Add the butter 1 tablespoon at a time. When all of the butter is mixed in, add the vanilla and chocolate extract (if using).
- ☐ Add the chocolate a little at a time, giving each addition of chocolate the chance to melt into the filling before adding more. Keep the mixture over the heat until the chocolate is smoothly melted and the cream thickens.
- ☐ Pour the chocolate filling into the pie shell. Cover the pie with plastic wrap and place in the refrigerator to cool for at least 1 hour before serving. When ready to serve, remove the pie from the refrigerator and remove the plastic wrap. Whip the cream and sweeten it with the powdered sugar. Stir in some vanilla.
- ☐ Spread or pipe whipped cream over the top.

## Nutrition Facts



## Properties

Glycemic Index:13.51, Glycemic Load:14.44, Inflammation Score:-6, Nutrition Score:10.770000000363%

Flavonoids

Catechin: 6.84mg, Catechin: 6.84mg, Catechin: 6.84mg, Catechin: 6.84mg Epicatechin: 15.08mg, Epicatechin: 15.08mg, Epicatechin: 15.08mg, Epicatechin: 15.08mg

Nutrients (% of daily need)

Calories: 475.55kcal (23.78%), Fat: 29.86g (45.94%), Saturated Fat: 16.29g (101.81%), Carbohydrates: 48.73g (16.24%), Net Carbohydrates: 46.32g (16.84%), Sugar: 31.72g (35.24%), Cholesterol: 142.26mg (47.42%), Sodium: 131.8mg (5.73%), Alcohol: 0.36g (100%), Alcohol %: 0.25% (100%), Caffeine: 9.36mg (3.12%), Protein: 7.48g (14.96%), Manganese: 0.56mg (28.18%), Copper: 0.39mg (19.38%), Phosphorus: 189.21mg (18.92%), Vitamin A: 772.85IU (15.46%), Iron: 2.76mg (15.33%), Vitamin B2: 0.26mg (15.33%), Calcium: 141.09mg (14.11%), Selenium: 9.55µg (13.65%), Magnesium: 51.67mg (12.92%), Vitamin D: 1.83µg (12.18%), Zinc: 1.73mg (11.56%), Vitamin B12: 0.63µg (10.55%), Fiber: 2.41g (9.63%), Vitamin B1: 0.14mg (9.22%), Folate: 31.56µg (7.89%), Potassium: 269.47mg (7.7%), Vitamin B5: 0.73mg (7.26%), Vitamin E: 0.76mg (5.06%), Vitamin B6: 0.1mg (5.04%), Vitamin B3: 0.83mg (4.17%), Vitamin K: 4.14µg (3.95%)