

## Poppy's Chocolate Puddin' Pie

READY IN



45 min.

SERVINGS



8

CALORIES



1201 kcal

DESSERT

### Ingredients

- 2 tablespoons butter
- 3 egg whites slightly beaten
- 3 egg yolk beaten
- 5 tablespoons flour all-purpose
- 2 cups milk
- 9 inch pie crust dough
- 0.1 teaspoon salt
- 5 tablespoons cocoa powder unsweetened
- 1 teaspoon vanilla extract

10 tablespoons granulated sugar white

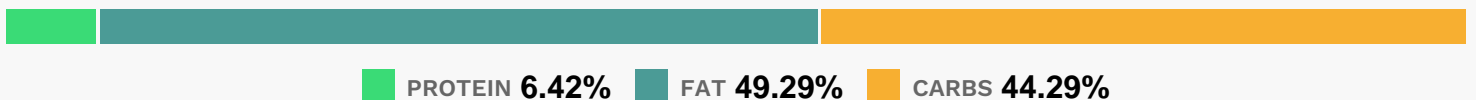
## Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- hand mixer

## Directions

- In 2 quart saucepan, sift and mix together flour, cocoa, 2/3 cup sugar and salt.
- Whisk in milk. Over medium heat, and stirring constantly, cook until it reaches pudding thickness.
- Remove from heat.
- Very quickly beat in egg yolks, 1 teaspoon vanilla and butter; beating briskly until completely mixed and smooth. Cool in pan.
- Pour into baked, cooled pie shell. Top with meringue.
- Meringue: chill beaters and bowl. Preheat oven to 375 degrees F (190 degrees C).
- With electric mixer on high, beat 3 egg whites and 1 teaspoon of vanilla extract to stiff peaks. While still beating egg whites, add 10 tablespoons sugar, one tablespoon at a time.
- Spread meringue over pie, and bake at 375 degrees F (190 degrees C) for 12 minutes or until meringue turns pale brown.
- Remove from oven.
- Place on level, draft-free area at least 30 minutes to cool before serving.

## Nutrition Facts



## Properties

Glycemic Index:29.14, Glycemic Load:14.14, Inflammation Score:-6, Nutrition Score:20.648695489635%

## Flavonoids

Catechin: 2.03mg, Catechin: 2.03mg, Catechin: 2.03mg, Catechin: 2.03mg Epicatechin: 6.14mg, Epicatechin: 6.14mg, Epicatechin: 6.14mg, Epicatechin: 6.14mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

## Nutrients (% of daily need)

Calories: 1200.91kcal (60.05%), Fat: 65.78g (101.2%), Saturated Fat: 22.2g (138.72%), Carbohydrates: 132.96g (44.32%), Net Carbohydrates: 126.05g (45.84%), Sugar: 18.15g (20.17%), Cholesterol: 87.75mg (29.25%), Sodium: 1025.13mg (44.57%), Alcohol: 0.17g (100%), Alcohol %: 0.07% (100%), Caffeine: 7.19mg (2.4%), Protein: 19.29g (38.57%), Manganese: 1.16mg (57.78%), Vitamin B1: 0.7mg (46.98%), Folate: 177.49µg (44.37%), Iron: 6.7mg (37.25%), Vitamin B2: 0.59mg (34.52%), Vitamin B3: 6.5mg (32.5%), Selenium: 22.17µg (31.68%), Phosphorus: 280.49mg (28.05%), Fiber: 6.91g (27.63%), Vitamin K: 16.99µg (16.18%), Copper: 0.3mg (15.19%), Magnesium: 59.4mg (14.85%), Vitamin B5: 1.39mg (13.94%), Calcium: 133.05mg (13.3%), Zinc: 1.67mg (11.15%), Potassium: 389.85mg (11.14%), Vitamin B6: 0.18mg (8.99%), Vitamin E: 1.33mg (8.85%), Vitamin B12: 0.48µg (7.95%), Vitamin D: 1.04µg (6.9%), Vitamin A: 285.87IU (5.72%)