



Raspberry Ganache Pie

READY IN



255 min.

SERVINGS



15

CALORIES



228 kcal

Ingredients

- 6 oz oreo pie crust
- 2 cups raspberries fresh
- 6 Tbsp raspberry jam seedless divided
- 8 oz baker's semi-sweet chocolate
- 1 Tbsp water
- 1 cup whipping cream

Equipment

- bowl
- whisk

microwave

Directions

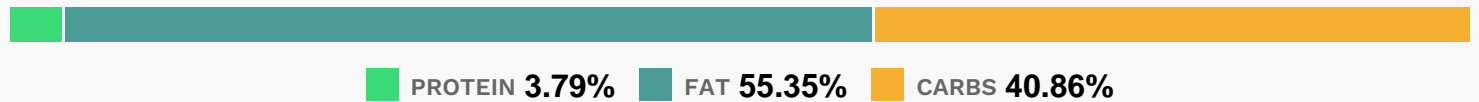
Microwave chocolate and cream in microwaveable bowl on HIGH 2 min. or until chocolate is almost melted, stirring after each minute. Beat with whisk until chocolate is completely melted and mixture is well blended. Stir in 2 Tbsp. jam.

Pour into crust. Refrigerate 4 hours.

Arrange berries on top of pie. Microwave remaining jam and water in small microwaveable bowl on HIGH 30 sec.; stir until well blended.

Brush onto berries. Keep refrigerated.

Nutrition Facts



Properties

Glycemic Index:5.4, Glycemic Load:3.21, Inflammation Score:-3, Nutrition Score:4.6708695577539%

Flavonoids

Cyanidin: 7.32mg, Cyanidin: 7.32mg, Cyanidin: 7.32mg, Cyanidin: 7.32mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 227.62kcal (11.38%), Fat: 14.13g (21.74%), Saturated Fat: 7.55g (47.19%), Carbohydrates: 23.47g (7.82%), Net Carbohydrates: 20.93g (7.61%), Sugar: 13.86g (15.39%), Cholesterol: 18.84mg (6.28%), Sodium: 66.06mg (2.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 13mg (4.33%), Protein: 2.18g (4.35%), Manganese: 0.31mg (15.54%), Copper: 0.21mg (10.65%), Fiber: 2.54g (10.17%), Magnesium: 34.86mg (8.71%), Iron: 1.45mg (8.07%), Phosphorus: 70.32mg (7.03%), Vitamin C: 4.99mg (6.05%), Vitamin A: 246.08IU (4.92%), Vitamin B2: 0.07mg (4.21%), Potassium: 145.07mg (4.14%), Zinc: 0.51mg (3.41%), Folate: 12.81µg (3.2%), Vitamin B1: 0.05mg (3.15%), Selenium: 1.94µg (2.77%), Vitamin K: 2.84µg (2.71%), Vitamin B3: 0.51mg (2.57%), Vitamin E: 0.38mg

(2.56%), Calcium: 25.48mg (2.55%), Vitamin D: 0.25µg (1.69%), Vitamin B5: 0.14mg (1.4%), Vitamin B6: 0.02mg (1.05%)