



WHATSheATE



Rich Chocolate Pudding Pie

READY IN



285 min.

SERVINGS



10

CALORIES



322 kcal

DESSERT

Ingredients

- ☐ 3 ounces bittersweet chocolate melted
- ☐ 4 ounces bittersweet chocolate finely chopped
- ☐ 1 tablespoon canola oil
- ☐ 30 chocolate wafers such as nabisco famous (such as Nabisco's Famous Chocolate Wafers)
- ☐ 0.3 cup cornstarch
- ☐ 2 large egg yolk
- ☐ 1.8 cups milk 1% low-fat divided
- ☐ 0.5 cup raspberries fresh
- ☐ 1 tablespoon rum white

- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 10 tablespoon cool whip fat-free frozen thawed

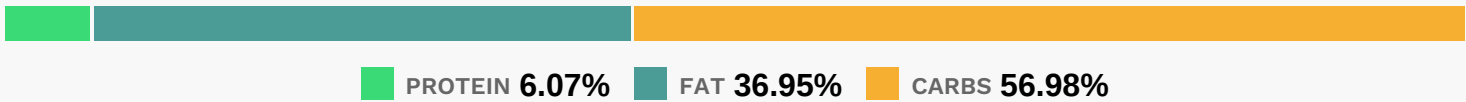
Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ To prepare crust, place wafers in a food processor; process until finely ground.
- ☐ Add 3 ounces melted chocolate and oil; process until blended. Press into bottom and up sides of a 9-inch pie plate. Freeze 15 minutes or until set.
- ☐ To prepare the filling, combine sugar, cornstarch, cocoa, and salt in a large saucepan; stir with a whisk.
- ☐ Add half of milk and 2 yolks; stir with a whisk until smooth. Stir in the remaining milk. Cook over medium heat for 5 minutes or until thick and bubbly, stirring constantly.
- ☐ Remove from heat.
- ☐ Add 4 ounces chocolate, and stir until smooth. Stir in rum.
- ☐ Pour filling into prepared crust. Cover with plastic wrap; chill 4 hours or until set.
- ☐ Serve with raspberries and whipped topping.

Nutrition Facts



Properties

Glycemic Index:16.06, Glycemic Load:16.73, Inflammation Score:-4, Nutrition Score:8.3852174126584%

Flavonoids

Cyanidin: 2.75mg, Cyanidin: 2.75mg, Cyanidin: 2.75mg, Cyanidin: 2.75mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 4.43mg, Epicatechin: 4.43mg, Epicatechin: 4.43mg, Epicatechin: 4.43mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 322.06kcal (16.1%), Fat: 13.46g (20.71%), Saturated Fat: 6.1g (38.13%), Carbohydrates: 46.7g (15.57%), Net Carbohydrates: 43.27g (15.73%), Sugar: 32.08g (35.64%), Cholesterol: 41.06mg (13.69%), Sodium: 186.46mg (8.11%), Alcohol: 0.5g (100%), Alcohol %: 0.55% (100%), Caffeine: 23.81mg (7.94%), Protein: 4.98g (9.95%), Manganese: 0.52mg (25.84%), Copper: 0.42mg (21.24%), Magnesium: 62.1mg (15.52%), Phosphorus: 152.21mg (15.22%), Fiber: 3.43g (13.73%), Iron: 2.43mg (13.52%), Vitamin B2: 0.17mg (10.09%), Selenium: 6.1µg (8.71%), Calcium: 83.67mg (8.37%), Zinc: 1.17mg (7.78%), Potassium: 266.73mg (7.62%), Vitamin B12: 0.44µg (7.28%), Vitamin B1: 0.08mg (5.52%), Vitamin E: 0.65mg (4.31%), Vitamin D: 0.64µg (4.25%), Folate: 16.96µg (4.24%), Vitamin B3: 0.83mg (4.14%), Vitamin B5: 0.4mg (4.04%), Vitamin K: 3.46µg (3.29%), Vitamin B6: 0.06mg (3.2%), Vitamin A: 151.91IU (3.04%), Vitamin C: 1.57mg (1.91%)