



Rocky Road Sundae Pie

READY IN



45 min.

SERVINGS



12

CALORIES



716 kcal

DESSERT

Ingredients

- 2 quarts ice-cream chocolate shell softened
- 9 ounce chocolate wafers such as nabisco famous
- 7.5 ounces marshmallows miniature
- 8 ounces chocolate chopped (such as Lindt)
- 6 tablespoons butter unsalted melted ()
- 1 teaspoon vanilla extract
- 3.8 ounces walnuts toasted coarsely chopped
- 0.3 cup whipping cream

Equipment

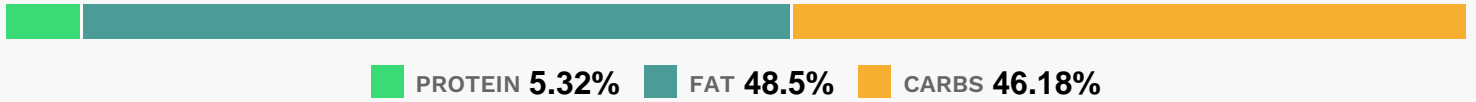
- bowl
- frying pan
- sauce pan
- oven
- whisk
- aluminum foil
- springform pan

Directions

- Preheat oven to 325°F. Butter 9-inch-diameter springform pan with 2 3/4-inch-high sides. Finely grind chocolate wafer cookies in processor.
- Add melted butter and process until crumbs are evenly moistened. Press crumb mixture firmly onto bottom and 1 inch up sides of prepared pan.
- Bake crust until set, about 10 minutes. Cool completely.
- Bring cream just to simmer in medium saucepan over medium heat.
- Remove from heat.
- Add milk chocolate; let stand 1 minute.
- Whisk until chocolate is melted and smooth.
- Whisk in vanilla.
- Let stand at room temperature until sauce cools and thickens slightly, about 20 minutes.
- Combine marshmallows and cream in large metal bowl. Set bowl over saucepan of barely simmering water (do not allow bottom of bowl to touch water). Stir until marshmallows melt and mixture is smooth, about 3 minutes.
- Remove bowl from over water; stir in vanilla.
- Let stand until slightly cooled but still pourable, about 10 minutes.
- Spread 1 quart ice cream evenly in cooled crust. Drop half of milk chocolate sauce by tablespoonfuls over ice cream, spacing apart.
- Sprinkle half of walnuts over sauce.

- Drizzle half of marshmallow sauce over walnuts. Freeze until sauces are set, about 10 minutes.
- Spread 1 quart ice cream evenly in crust. Drop remaining milk chocolate sauce by tablespoonfuls over ice cream.
- Drizzle remaining marshmallow sauce over, allowing some chocolate sauce to show through.
- Sprinkle with remaining walnuts. Freeze until pie is firm, about 4 hours. (Can be made 5 days ahead. Cover tightly with foil. Keep frozen.)
- Cut around pan sides to loosen.
- Let pie soften slightly at room temperature, about 10 minutes.
- Remove pan sides.

Nutrition Facts



Properties

Glycemic Index:18.55, Glycemic Load:41.84, Inflammation Score:-7, Nutrition Score:13.9226086347%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg

Nutrients (% of daily need)

Calories: 716.49kcal (35.82%), Fat: 40.71g (62.63%), Saturated Fat: 21.09g (131.82%), Carbohydrates: 87.2g (29.07%), Net Carbohydrates: 82.94g (30.16%), Sugar: 68.42g (76.02%), Cholesterol: 76.57mg (25.52%), Sodium: 263.15mg (11.44%), Alcohol: 0.11g (100%), Alcohol %: 0.06% (100%), Caffeine: 19.33mg (6.44%), Protein: 10.05g (20.09%), Manganese: 0.77mg (38.36%), Copper: 0.58mg (29%), Phosphorus: 262.22mg (26.22%), Vitamin B2: 0.44mg (25.68%), Magnesium: 93.36mg (23.34%), Calcium: 198.34mg (19.83%), Vitamin A: 932.57IU (18.65%), Iron: 3.15mg (17.49%), Fiber: 4.27g (17.07%), Potassium: 540.61mg (15.45%), Zinc: 1.73mg (11.56%), Folate: 45.13µg (11.28%), Vitamin B5: 1.04mg (10.44%), Vitamin B1: 0.15mg (9.69%), Selenium: 6.69µg (9.55%), Vitamin B12: 0.5µg (8.32%), Vitamin B6: 0.16mg (7.82%), Vitamin E: 0.96mg (6.4%), Vitamin B3: 1.21mg (6.06%), Vitamin D: 0.53µg (3.51%), Vitamin K: 3.11µg (2.97%), Vitamin C: 1.26mg (1.53%)