# Rum Cream Pie

| READY IN | SERVINGS | CALORIES |
| --- | --- | --- |
| 415 min. | 16 | 1156 kcal |

DESSERT

## Ingredients

- [ ] 6 egg yolks
- [ ] 0.3 ounce gelatin powder unflavored
- [ ] 18 inch graham cracker crust prepared
- [ ] 2 cups heavy cream
- [ ] 0.5 cup rum
- [ ] 0.1 cup bittersweet chocolate grated for garnish
- [ ] 0.5 cup water cold
- [ ] 1 cup sugar white

## Equipment

- [ ] bowl
- [ ] whisk
- [ ] mixing bowl
- [ ] pot
- [ ] hand mixer
- [ ] kitchen thermometer
- [ ] stove

## Directions

- [ ] Pour the cold water into a small bowl and sprinkle with the gelatin. Set aside and allow the gelatin to soften.
- [ ] Combine the egg yolks and sugar in a heat-proof mixing bowl. Beat with a hand mixer or a whisk until the mixture is thick and lemon-colored. Set the bowl over a pot of simmering water on the stove and cook, stirring constantly, about 5 minutes. The mixture should feel hot to the touch and have reached 145 degrees F (63 degrees C) on an instant-read thermometer.
- [ ] Remove the bowl from the heat and mix in the rehydrated gelatin. Stir until the gelatin dissolves and allow the mixture to cool to room temperature.
- [ ] Whip the cream to medium-stiff peaks; stir in the rum. Fold the whipped cream into the egg mixture.
- [ ] Pour the filling into the two pie shells and sprinkle with chocolate shavings. Chill the pies for at least 6 hours or overnight.

## Nutrition Facts

PROTEIN **4.25%** FAT **47.69%** CARBS **48.06%**

### Properties

Glycemic Index:5.32, Glycemic Load:8.73, Inflammation Score:-6, Nutrition Score:20.710434684287%

### Nutrients (% of daily need)

Calories: 1155.9kcal (57.79%), Fat: 60.52g (93.11%), Saturated Fat: 17.35g (108.44%), Carbohydrates: 137.23g (45.74%), Net Carbohydrates: 133.48g (48.54%), Sugar: 48.5g (53.89%), Cholesterol: 106.6mg (35.53%), Sodium: 913.63mg (39.72%), Alcohol: 2.51g (100%), Alcohol %: 1.24% (100%), Protein: 12.13g (24.27%), Manganese: 2.49mg (124.29%), Vitamin K: 42.79µg (40.75%), Folate: 135.49µg (33.87%), Vitamin B3: 6.19mg (30.96%), Vitamin B2: 0.5mg (29.61%), Iron: 5.29mg (29.37%), Phosphorus: 271.37mg (27.14%), Vitamin E: 3.99mg (26.63%), Vitamin B1: 0.37mg (24.72%), Copper: 0.47mg (23.26%), Zinc: 2.66mg (17.73%), Fiber: 3.74g (14.97%), Selenium: 10.01µg (14.3%), Magnesium: 48.99mg (12.25%), Vitamin A: 537.26IU (10.75%), Vitamin B6: 0.18mg (9%), Calcium: 85.24mg (8.52%), Potassium: 259.96mg (7.43%), Vitamin B5: 0.62mg (6.23%), Vitamin D: 0.84µg (5.6%), Vitamin B12: 0.18µg (3.03%)