



Silky Dark Chocolate Pie

READY IN



360 min.

SERVINGS



8

CALORIES



417 kcal

DESSERT

Ingredients

- ☐ 8 servings chocolate curls
- ☐ 1 box chocolate pudding instant (6-serving size) (not)
- ☐ 1.5 cups chocolate chips dark
- ☐ 1 deep dish pie crust frozen
- ☐ 2.3 cups milk
- ☐ 0.5 cup non-dairy whipped topping frozen thawed ()

Equipment

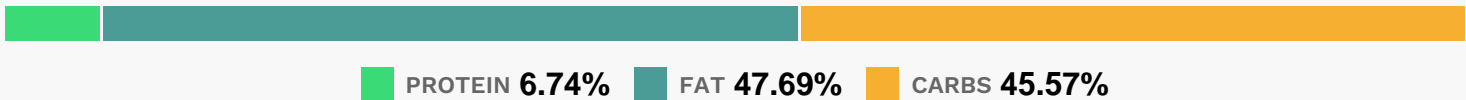
- ☐ bowl

- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap

Directions

- ☐ Heat oven to 400F.
- ☐ Bake pie crust as directed on package for one-crust baked pie shell. Cool completely.
- ☐ Meanwhile, in 2-quart saucepan, cook milk and pudding mix over medium heat 5 to 8 minutes or until mixture comes to a full boil, stirring constantly.
- ☐ Remove from heat.
- ☐ Add chocolate chips; stir until melted and smooth.
- ☐ Pour into medium bowl; cover surface of pudding with plastic wrap. Refrigerate about 1 1/2 hours or until cold.
- ☐ Spoon and spread evenly in cooled crust. Refrigerate at least 4 hours until set. Top each serving with whipped topping; garnish with chocolate curls. Cover and refrigerate any remaining pie.

Nutrition Facts



Properties

Glycemic Index:4.75, Glycemic Load:1.22, Inflammation Score:-2, Nutrition Score:7.8891304971083%

Nutrients (% of daily need)

Calories: 417.29kcal (20.86%), Fat: 22.14g (34.06%), Saturated Fat: 14.21g (88.81%), Carbohydrates: 47.6g (15.87%), Net Carbohydrates: 45.41g (16.51%), Sugar: 24.43g (27.14%), Cholesterol: 8.73mg (2.91%), Sodium: 336.87mg (14.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.04g (14.08%), Calcium: 197.71mg (19.77%), Phosphorus: 145.76mg (14.58%), Vitamin B2: 0.21mg (12.15%), Manganese: 0.24mg (12.09%), Zinc: 1.71mg (11.39%), Potassium: 381.01mg (10.89%), Vitamin B1: 0.14mg (9.25%), Fiber: 2.19g (8.76%), Magnesium: 32.11mg (8.03%), Vitamin B12: 0.48µg (7.94%), Folate: 29.34µg (7.34%), Iron: 1.3mg (7.2%), Vitamin K: 7.44µg (7.09%), Copper: 0.14mg (7.01%), Selenium: 4.83µg (6.9%), Vitamin E: 0.95mg (6.35%), Vitamin B5: 0.62mg (6.17%), Vitamin B3: 1.17mg (5.85%), Vitamin B6: 0.1mg (5.09%), Vitamin D: 0.75µg (5.03%), Vitamin A: 118.52IU (2.37%)