



## Sky-High Chocolate Pie

READY IN



45 min.

SERVINGS



10

CALORIES



302 kcal

DESSERT

### Ingredients

- 3 tablespoons cornstarch
- 1 teaspoon cream of tartar
- 1 large eggs
- 8 large egg whites
- 2 cups skim milk fat-free divided
- 6 ounce graham cracker crust reduced-fat
- 0.1 teaspoon salt
- 2 ounces bittersweet chocolate chopped
- 0.7 cup sugar

- 1 cup sugar
- 0.3 cup cocoa powder unsweetened
- 1 teaspoon vanilla extract
- 0.5 cup water

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- wire rack
- blender
- plastic wrap
- candy thermometer

## Directions

- To prepare filling, combine 1/2 cup milk, 2/3 cup sugar, and next 4 ingredients (2/3 cup sugar through egg) in a large bowl, stirring with a whisk.
- Heat 1 1/2 cups milk in a heavy saucepan over medium-high heat to 180 or until tiny bubbles form around edge (do not boil).
- Remove from heat. Gradually add hot milk to sugar mixture; stir constantly with a whisk. Return milk mixture to pan.
- Add chopped chocolate; cook over medium heat until thick and bubbly (about 5 minutes); stir constantly. Reduce heat to low; cook 2 minutes, stirring constantly.
- Remove from heat; stir in vanilla.
- Pour into crust; cover surface of filling with plastic wrap. Chill 3 hours or until cold.
- Preheat oven to 35
- To prepare meringue, combine 1 cup sugar and water in a saucepan; bring to a boil. Cook, without stirring, until candy thermometer registers 24

- Beat egg whites and cream of tartar at high speed of a mixer until foamy.
- Pour hot sugar syrup in a thin stream over egg white mixture; beat at high speed until stiff peaks form.
- Remove wrap from filling.
- Spread meringue evenly over filling; seal to edge of crust.
- Bake at 350 for 15 minutes or until lightly browned; cool on a wire rack. Chill until set.

## Nutrition Facts



■ PROTEIN **8.99%**
■ FAT **21.62%**
■ CARBS **69.39%**

## Properties

Glycemic Index:17.34, Glycemic Load:24.07, Inflammation Score:-3, Nutrition Score:6.8508695415829%

## Flavonoids

Catechin: 1.86mg, Catechin: 1.86mg, Catechin: 1.86mg, Catechin: 1.86mg Epicatechin: 5.63mg, Epicatechin: 5.63mg, Epicatechin: 5.63mg, Epicatechin: 5.63mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

## Nutrients (% of daily need)

Calories: 301.52kcal (15.08%), Fat: 7.45g (11.46%), Saturated Fat: 2.51g (15.7%), Carbohydrates: 53.82g (17.94%), Net Carbohydrates: 51.96g (18.89%), Sugar: 41.21g (45.79%), Cholesterol: 20.41mg (6.8%), Sodium: 182.7mg (7.94%), Alcohol: 0.14g (100%), Alcohol %: 0.11% (100%), Caffeine: 11.47mg (3.82%), Protein: 6.97g (13.94%), Manganese: 0.41mg (20.7%), Vitamin B2: 0.26mg (15.03%), Selenium: 9.39µg (13.42%), Phosphorus: 122.33mg (12.23%), Copper: 0.23mg (11.72%), Magnesium: 37.83mg (9.46%), Calcium: 82.27mg (8.23%), Potassium: 277.54mg (7.93%), Iron: 1.35mg (7.49%), Fiber: 1.86g (7.44%), Vitamin B12: 0.36µg (6.04%), Zinc: 0.86mg (5.72%), Vitamin B1: 0.07mg (4.39%), Vitamin D: 0.64µg (4.26%), Folate: 16.36µg (4.09%), Vitamin K: 4.2µg (4%), Vitamin B3: 0.75mg (3.74%), Vitamin B5: 0.36mg (3.56%), Vitamin B6: 0.06mg (2.83%), Vitamin E: 0.4mg (2.69%), Vitamin A: 129.96IU (2.6%)