



Two-Bite Chocolate Cream Pies

READY IN



60 min.

SERVINGS



1

CALORIES



3430 kcal

DESSERT

Ingredients

- ☐ 0.5 cup bittersweet chocolate chopped
- ☐ 1 tablespoon butter
- ☐ 30 chocolate-hazelnut pirouette cookies such as nabisco famous chocolate wafers
- ☐ 0.5 teaspoon coarse salt
- ☐ 2 tablespoons cornstarch
- ☐ 5 teaspoons dutch-processed cocoa powder unsweetened divided
- ☐ 1 eggs separated
- ☐ 0.5 cup heavy whipping cream
- ☐ 1 cup milk

☐ 0.8 cup sugar divided

Equipment

☐ food processor

☐ bowl

☐ frying pan

☐ sauce pan

☐ oven

☐ whisk

☐ plastic wrap

☐ microwave

☐ muffin liners

Directions

☐ Preheat oven to 35

☐ Spray 2 mini-muffin trays (12 muffin cups each) with cooking spray. In a food processor, whirl cookies into fine crumbs. Measure; return 1 1/2 cups crumbs to food processor, along with 1/4 cup plus 2 tbsp. sugar, the salt, and 1 egg white. Pulse to blend evenly.

☐ Spoon 1 tbsp. crumb mixture into each muffin cup. Press crumbs over bottom and up sides of cups.

☐ Bake until set, 15 minutes.

☐ Put chocolate and butter in a microwave-safe container and heat in 30-second intervals, stirring often, until melted.

☐ In a small bowl, combine 1/4 cup sugar, the cornstarch, and 4 tsp. cocoa.

☐ Pour in a few tbsp. of the milk and whisk into a smooth paste; whisk in remaining milk.

☐ Transfer to a small saucepan and cook over medium heat until thickened and large bubbles appear, about 3 minutes.

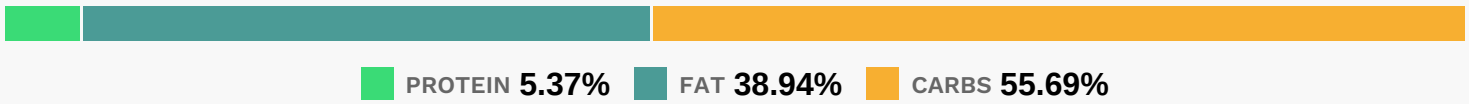
☐ Put reserved yolk and remaining egg into a medium bowl.

☐ Whisk in about 1/2 cup hot milk mixture. Scrape egg-milk mixture into milk mixture in pan and cook, whisking, until just starting to boil, about 30 seconds.

- ☐
- Whisk in melted chocolate and butter.

☐☐☐

Nutrition Facts



Properties

Glycemic Index:207.59, Glycemic Load:232.54, Inflammation Score:-10, Nutrition Score:58.434347779854%

Flavonoids

Catechin: 3.24mg, Catechin: 3.24mg, Catechin: 3.24mg, Catechin: 3.24mg Epicatechin: 9.82mg, Epicatechin: 9.82mg, Epicatechin: 9.82mg, Epicatechin: 9.82mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 3429.58kcal (171.48%), Fat: 152.12g (234.03%), Saturated Fat: 75.43g (471.42%), Carbohydrates: 489.59g (163.2%), Net Carbohydrates: 468.35g (170.31%), Sugar: 331.93g (368.81%), Cholesterol: 369.98mg (123.33%), Sodium: 3540.83mg (153.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 122.75mg (40.92%), Protein: 47.18g (94.36%), Manganese: 3.9mg (194.88%), Copper: 3.01mg (150.75%), Iron: 21.71mg (120.63%), Phosphorus: 1147.42mg (114.74%), Vitamin B2: 1.81mg (106.31%), Magnesium: 413.43mg (103.36%), Fiber: 21.23g (84.94%), Selenium: 51.79µg (73.99%), Vitamin B1: 0.94mg (62.76%), Calcium: 581.45mg (58.14%), Vitamin B3: 11.51mg (57.55%), Zinc: 8.48mg (56.51%), Vitamin A: 2818.99IU (56.38%), Potassium: 1874.97mg (53.57%), Folate: 196.66µg (49.16%), Vitamin B12: 2.4µg (40.08%), Vitamin D: 5.47µg (36.45%), Vitamin B5: 3.55mg (35.5%), Vitamin E: 5.12mg (34.11%), Vitamin B6: 0.49mg (24.25%), Vitamin K: 20.72µg (19.73%)