



Ultimate Mud Pie

READY IN



45 min.

SERVINGS



8

CALORIES



570 kcal

DESSERT

Ingredients

- ☐ 1.5 cups chocolate wafer crumbs
- ☐ 2 tablespoons chocolate wafer crumbs for garnish
- ☐ 2 tablespoons powdered sugar
- ☐ 0.3 cup cornstarch
- ☐ 4 large egg yolk
- ☐ 3 cups half and half
- ☐ 1 cup cup heavy whipping cream
- ☐ 0.1 teaspoon salt
- ☐ 5 ounces bittersweet chocolate finely chopped

- ☐ 0.7 cup sugar
- ☐ 2 tablespoons butter unsalted
- ☐ 0.5 teaspoon vanilla extract

Equipment

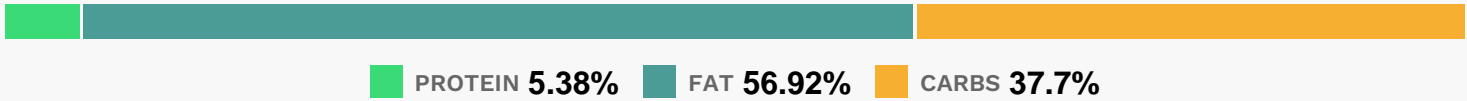
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ hand mixer
- ☐ spatula
- ☐ pie form

Directions

- ☐ Position a rack in the center of the oven and preheat the oven to 350°F. Lightly butter a 9-inch pie pan.
- ☐ To make the crust, combine the crumbs, melted butter, and sugar in a medium bowl until moistened. Press firmly and evenly into the pie pan.
- ☐ Bake until the crust is set and smells like warm cookies, about 12 minutes. Cool completely.
- ☐ To make the filling, in a medium saucepan over medium heat, heat 2 1/2 cups of the half-and-half, the sugar, and the salt, stirring often to dissolve the sugar, until simmering.
- ☐ Pour into a heatproof bowl. Rinse out the saucepan.
- ☐ In a small bowl, sprinkle the cornstarch over the remaining 1/2 cup half-and-half and whisk until dissolved.
- ☐ Whisk the yolks in a medium bowl, and gradually whisk in the cornstarch mixture. Gradually whisk in the hot half-and-half mixture and return to the rinsed-out saucepan. Cook over medium heat, stirring constantly with a flat wooden spatula (to keep the mixture from scorching), until it comes to a boil. Reduce the heat to medium-low and let the mixture bubble, stirring constantly, for 1 minute.

- ☐ Remove from the heat, add the chocolate, butter, and vanilla, and whisk until the chocolate melts completely. Strain through a wire sieve into a clean bowl.
- ☐ Pour the filling into the cooled crust and press plastic wrap directly on the filling to keep a skin from forming.
- ☐ Let cool completely. Refrigerate until the filling is chilled and set, at least 2 hours.
- ☐ To make the topping, whip the cream, confectioners' sugar, and vanilla in a chilled medium bowl with an electric mixer set on high speed until stiff. Uncover the pie.
- ☐ Spread and swirl the topping over the filling. (If you wish, transfer the whipped cream to a pastry bag fitted with a star tip, and pipe the cream onto the pie.)
- ☐ Sprinkle pie with cookie crumbs. Slice and serve chilled.
- ☐ Adapted from Diamond Dishes by Julie Loria (Lyons Press/ \$24.9
- ☐ Excerpts copyright 2011 by Julie Loria, with permission of Lyons Press

Nutrition Facts



Properties

Glycemic Index: 21.14, Glycemic Load: 20.11, Inflammation Score: -6, Nutrition Score: 10.662173872409%

Nutrients (% of daily need)

Calories: 569.93kcal (28.5%), Fat: 36.62g (56.33%), Saturated Fat: 20.78g (129.89%), Carbohydrates: 54.58g (18.19%), Net Carbohydrates: 52.28g (19.01%), Sugar: 39.03g (43.36%), Cholesterol: 166.26mg (55.42%), Sodium: 249.79mg (10.86%), Alcohol: 0.09g (100%), Alcohol %: 0.06% (100%), Caffeine: 17.71mg (5.9%), Protein: 7.79g (15.58%), Phosphorus: 216.66mg (21.67%), Vitamin B2: 0.36mg (20.95%), Manganese: 0.42mg (20.81%), Vitamin A: 980.44IU (19.61%), Copper: 0.36mg (17.88%), Selenium: 11.71µg (16.73%), Calcium: 147.5mg (14.75%), Magnesium: 56.08mg (14.02%), Iron: 2.45mg (13.59%), Fiber: 2.29g (9.17%), Zinc: 1.37mg (9.12%), Potassium: 311.36mg (8.9%), Vitamin B5: 0.74mg (7.43%), Vitamin B12: 0.45µg (7.43%), Vitamin E: 1.08mg (7.22%), Folate: 28.03µg (7.01%), Vitamin B1: 0.1mg (6.94%), Vitamin D: 0.99µg (6.58%), Vitamin B6: 0.1mg (5.22%), Vitamin B3: 0.98mg (4.89%), Vitamin K: 4.3µg (4.1%), Vitamin C: 1mg (1.21%)