



## White Chocolate Mousse Raspberry Pie

READY IN



130 min.

SERVINGS



8

CALORIES



447 kcal

DESSERT

### Ingredients

- 6 ounces chocolate white chopped (chocolate)
- 1 cup flour all-purpose
- 1 teaspoon gelatin powder unflavored
- 2 tablespoons orange juice orange-flavored
- 2 cups raspberries fresh
- 0.3 cup currant jelly
- 0.3 teaspoon salt
- 0.3 cup shortening
- 2 tablespoons water cold

- 1.5 cups whipping cream (heavy)

## Equipment

- bowl
- sauce pan
- oven
- wire rack
- blender
- hand mixer
- microwave
- rolling pin

## Directions

- Heat oven to 475F. In medium bowl, cut shortening into flour and salt, using pastry blender or crisscrossing 2 knives, until particles are size of small peas.
- Sprinkle with cold water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bowl (1 to 2 teaspoons more water can be added if necessary).
- Gather pastry into a ball. Shape into flattened round on lightly floured surface.
- Roll pastry into circle 2 inches larger than upside-down 9-inch pie plate with floured rolling pin. Fold pastry into fourths; place in pie plate. Unfold and ease into plate, pressing firmly against bottom and side.
- Trim overhanging edge of pastry 1 inch from rim of pie plate. Fold and roll pastry under, even with plate; press with tines of fork or flute if desired. Prick bottom and side thoroughly with fork.
- Bake 8 to 10 minutes or until light brown. Cool completely on wire rack, about 30 minutes.
- Meanwhile, place orange liqueur in 2-quart saucepan.
- Sprinkle gelatin over liqueur; let stand 5 minutes to soften. Stir in 3/4 cup of the whipping cream; heat over low heat, stirring frequently, until gelatin is dissolved. Stir in white chocolate until melted and smooth.

- Transfer to medium bowl; refrigerate about 30 minutes, stirring occasionally, until cool but not set.
- In chilled medium bowl, beat remaining 3/4 cup whipping cream with electric mixer on high speed until stiff peaks form. Fold whipped cream into white chocolate mixture. Spoon mixture into baked crust. Refrigerate about 1 hour or until filling begins to set. Arrange raspberries over filling.
- Place currant jelly in small microwavable bowl; microwave uncovered on High about 30 seconds or until melted.
- Brush jelly over raspberries. Refrigerate until serving.

## Nutrition Facts

**PROTEIN 4.38%**

**FAT 62.99%**

**CARBS 32.63%**

### Properties

Glycemic Index:34.75, Glycemic Load:22.02, Inflammation Score:-5, Nutrition Score:7.9326087391895%

### Flavonoids

Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg  
 Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg  
 Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg  
 Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg  
 Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg  
 Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg  
 Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg  
 Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg  
 Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg  
 Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg  
 Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg  
 Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg  
 Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg  
 Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg  
 Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

### Nutrients (% of daily need)

Calories: 447.44kcal (22.37%), Fat: 31.84g (48.99%), Saturated Fat: 16.56g (103.48%), Carbohydrates: 37.11g (12.37%),  
 Net Carbohydrates: 34.57g (12.57%), Sugar: 20.73g (23.03%), Cholesterol: 54.89mg (18.3%), Sodium: 109.42mg (4.76%),  
 Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.99g (9.97%), Manganese: 0.32mg (15.76%), Vitamin B2: 0.24mg (14.29%),  
 Vitamin C: 11.29mg (13.69%), Vitamin A: 680.77IU (13.62%), Selenium: 8.07µg (11.52%), Vitamin B1: 0.16mg (10.8%),  
 Folate: 40.76µg (10.19%), Fiber: 2.54g (10.16%), Vitamin K: 10.3µg (9.81%), Vitamin E: 1.42mg (9.49%),  
 Phosphorus: 91.82mg (9.18%), Calcium: 84.72mg (8.47%), Vitamin B3: 1.31mg (6.55%), Iron: 1.1mg

(6.11%), Potassium: 182mg (5.2%), Vitamin B5: 0.48mg (4.79%), Vitamin D: 0.71µg (4.76%), Copper: 0.09mg (4.56%), Magnesium: 16.75mg (4.19%), Zinc: 0.51mg (3.4%), Vitamin B12: 0.19µg (3.17%), Vitamin B6: 0.05mg (2.74%)