

Chocolate Cream (Mud) Pie

Michele Stuart - "Perfect Pies"
www.DashRecipes.com

Servings: 8

1 prebaked nine-inch pie shell

FILLING

3/4 cup sugar

3 1/2 tablespoons cornstarch

1/8 teaspoon salt

2 1/2 cups whole milk

4 large egg yolks

2 tablespoons unsalted butter

2 teaspoons pure vanilla extract

*3 ounces unsweetened chocolate,
chopped*

GARNISH

2 cups whipped cream

*1/2 cup mini semisweet chocolate
chips*

Preparation Time: 15 minutes

In a medium saucepan, whisk together the sugar, cornstarch and salt. Whisk in the milk and egg yolks until they are well combined. Place the mixture over medium heat, constantly whisking and scraping the sides of the pan.

When the cream begins to bubble and thicken, add the butter, one tablespoon at a time. When all of the butter is whisked in, add the vanilla. Finally, add the chocolate a little at a time, giving each addition of chocolate the chance to melt into the filling before adding more. Keep the mixture over the heat until the chocolate is smoothly melted and the cream thickens.

Pour the chocolate filling into the pie shell. Cover the pie with plastic wrap and place in the refrigerator to cool for at least one hour before serving.

When ready to serve, remove the pie from the refrigerator and remove the plastic wrap. Using a pastry bag, distribute the whipped cream decoratively across the top of the pie. If you choose, use an offset spatula to create a more finished look.

Sprinkle mini chocolate chips over the whipped cream.

Chocolate Cream pie should be served cold. It can be stored in the refrigerator.

Start to Finish Time: 1 hour 15 minutes

Per Serving (excluding unknown items): 346 Calories; 25g Fat (61.5% calories from fat); 6g Protein; 29g Carbohydrate; 2g Dietary Fiber; 165mg Cholesterol; 87mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Non-Fat Milk; 5 Fat; 1 1/2 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	346	Vitamin B6 (mg):	.1mg
% Calories from Fat:	61.5%	Vitamin B12 (mcg):	.6mcg
% Calories from Carbohydrates:	32.3%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	6.2%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	25g	Folacin (mcg):	18mcg
Saturated Fat (g):	15g	Niacin (mg):	trace
Monounsaturated Fat (g):	8g	Caffeine (mg):	22mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	165mg	% Deficit:	n n%
Carbohydrate (g):	29g	Food Exchanges	
Dietary Fiber (g):	2g	Grain (Starch):	1/2
Protein (g):	6g	Lean Meat:	0
Sodium (mg):	87mg	Vegetable:	0
Potassium (mg):	236mg	Fruit:	0
Calcium (mg):	131mg	Non-Fat Milk:	1/2
Iron (mg):	1mg	Fat:	5
Zinc (mg):	1mg	Other Carbohydrates:	1 1/2
Vitamin C (mg):	1mg		
Vitamin A (i.u.):	815IU		
Vitamin A (r.e.):	231RE		

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 346 Calories from Fat: 213

		% Daily Values*
Total Fat	25g	38%
Saturated Fat	15g	73%
Cholesterol	165mg	55%
Sodium	87mg	4%
Total Carbohydrates	29g	10%
Dietary Fiber	2g	7%
Protein	6g	
Vitamin A		16%
Vitamin C		1%
Calcium		13%
Iron		6%

* Percent Daily Values are based on a 2000 calorie diet.