

# Chocolate Eggnog Pie

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## Servings: 8

### CRUST

*1/2 cup all-purpose flour  
1/3 cup ground walnuts  
3 tablespoons brown sugar  
1 tablespoon baking cocoa  
1/4 cup reduced-fat butter, melted*

### FILLING

*1/2 cup sugar  
2 tablespoons cornstarch  
2 cups reduced-fat eggnog  
2 1/2 teaspoons unflavored gelatin  
1/2 cup cold water, divided  
2 tablespoons baking cocoa  
3/4 teaspoon rum extract  
2 cups reduced-fat whipped topping  
additional reduced-fat whipped  
topping (optional)  
ground nutmeg (optional)*

## Preparation Time: 45 minutes

Preheat the oven to 375 degrees.

In a small bowl, mix together the flour, walnuts, brown sugar and cocoa. Stir in the butter. Lightly coat your hands with cooking spray. Press the mixture into an ungreased nine-inch pie plate. Bake for 8 to 10 minutes or until set. Cool the crust completely on a wire rack.

For the filling: In a heavy saucepan, mix sugar and cornstarch. Whisk in the eggnog. Cook and stir over medium heat until thickened and bubbly. Reduce the heat to low. Cook and stir for 2 minutes longer. Remove from the heat.

In a microwave-safe bowl, sprinkle the gelatin over 1/4 cup of cold water. Let stand for 1 minute. Microwave on high for 20 seconds. Stir and let stand for 1 minute or until the gelatin is completely dissolved. Stir into the eggnog mixture.

Divide the mixture in half. In a bowl, whisk the cocoa and remaining water until blended. Stir into one-half of the eggnog mixture. Stir the rum extract into the remaining half. Refrigerate both mixtures, covered, until partially set.

Fold two cups of whipped topping into the rum-flavored portion. Spoon into the crust. Gently spread the chocolate portion over the top. Refrigerate, covered, at least two hours before serving. If desired, top with additional whipped topping and sprinkle with nutmeg.

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Per Serving (excluding unknown items): 124 Calories; 2g Fat (13.9% calories from fat); 2g Protein; 25g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 6mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Fat; 1 Other Carbohydrates.

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	124	<b>Vitamin B6 (mg):</b>	trace
<b>% Calories from Fat:</b>	13.9%	<b>Vitamin B12 (mcg):</b>	0mcg
<b>% Calories from Carbohydrates:</b>	80.6%	<b>Thiamin B1 (mg):</b>	.1mg
<b>% Calories from Protein:</b>	5.5%	<b>Riboflavin B2 (mg):</b>	trace
<b>Total Fat (g):</b>	2g	<b>Folacin (mcg):</b>	14mcg
<b>Saturated Fat (g):</b>	trace	<b>Niacin (mg):</b>	trace
<b>Monounsaturated Fat (g):</b>	trace	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	1g	<b>Alcohol (kcal):</b>	1
<b>Cholesterol (mg):</b>	0mg	<b>% Refused:</b>	n n%
<b>Carbohydrate (g):</b>	25g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	trace	<b>Grain (Starch):</b>	1/2
<b>Protein (g):</b>	2g	<b>Lean Meat:</b>	0
<b>Sodium (mg):</b>	6mg	<b>Vegetable:</b>	0
<b>Potassium (mg):</b>	38mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	6mg	<b>Non-Fat Milk:</b>	0
<b>Iron (mg):</b>	1mg	<b>Fat:</b>	1/2
<b>Zinc (mg):</b>	trace	<b>Other Carbohydrates:</b>	1
<b>Vitamin C (mg):</b>	trace		
<b>Vitamin A (i.u.):</b>	10IU		
<b>Vitamin A (r.e.):</b>	1RE		

**Nutrition Facts**

Servings per Recipe: 8

**Amount Per Serving**

<b>Calories</b>	124	<b>Calories from Fat:</b>	17
<b>% Daily Values*</b>			
<b>Total Fat</b>	2g		3%
Saturated Fat	trace		1%
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	6mg		0%
<b>Total Carbohydrates</b>	25g		8%
Dietary Fiber	trace		2%
<b>Protein</b>	2g		
<b>Vitamin A</b>			0%
<b>Vitamin C</b>			0%
<b>Calcium</b>			1%
<b>Iron</b>			3%

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