

Chocolate Pie

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1 nine-inch graham pie crust
1 cup extra-fine granulated sugar
2 tablespoons cornstarch
2 tablespoons all-purpose flour
1/3 cup cocoa powder (preferably dark)
2 cups milk
3 large egg yolks
pinch salt
2 teaspoons vanilla extract
2 tablespoons unsalted butter
WHIPPED CREME/CREME CHANTILLY
1/2 cup heavy cream, very cold
2 tablespoons extra-fine granulated sugar
1 teaspoon vanilla extract
CHOCOLATE SHAVINGS
(optional)
1 (3 to 5 ounce) good quality chocolate bar

Preparation Time: 15 minutes

Preheat the oven to 375 degrees.

Best results are obtained by pre-baking the graham crust. Follow the manufacturers directions.

In a saucepan, whisk together the sugar, cornstarch, flour and cocoa powder. Whisk in the milk, egg yolks, salt and vanilla extract. Whisk the mixture constantly over medium heat to a full boil.

When the mixture bubbles and is thick, remove from the heat and stir in the butter. Pour the mixture into the pre-baked pie shell. Place the pie into the refrigerator and let cool completely, at least two hours.

Meanwhile, prepare the chocolate shavings. Best results are obtained if the chocolate is at about 75 degrees. Using a vegetable peeler, shave the chocolate in the same manner as peeling a carrot.

For the whipped cream, use a cold bowl. Whip together the cream, sugar and vanilla until firm peaks form.

Decorate the pie with whipped cream and chocolate shavings.

Per Serving (excluding unknown items): 1247 Calories; 99g Fat (72.1% calories from fat); 29g Protein; 57g Carbohydrate; 1g Dietary Fiber; 929mg Cholesterol; 310mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Lean Meat; 2 1/2 Non-Fat Milk; 18 1/2 Fat.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	1247	Vitamin B6 (mg):	.4mg
% Calories from Fat:	72.1%	Vitamin B12 (mcg):	3.5mcg
% Calories from Carbohydrates:	18.6%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	9.3%	Riboflavin B2 (mg):	1.3mg
Total Fat (g):	99g	Folacin (mcg):	126mcg
Saturated Fat (g):	57g	Niacin (mg):	1mg
Monounsaturated Fat (g):	30g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	5g	Alcohol (kcal):	38
Cholesterol (mg):	929mg	% Refused:	0 0%
Carbohydrate (g):	57g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	1 1/2
Protein (g):	29g	Lean Meat:	1
Sodium (mg):	310mg	Vegetable:	0
Potassium (mg):	900mg	Fruit:	0
Calcium (mg):	737mg	Non-Fat Milk:	2 1/2
Iron (mg):	3mg	Fat:	18 1/2
Zinc (mg):	4mg	Other Carbohydrates:	0
Vitamin C (mg):	5mg		
Vitamin A (i.u.):	4200IU		
Vitamin A (r.e.):	1191RE		

Nutrition Facts

Amount Per Serving

Calories 1247 **Calories from Fat:** 899

		% Daily Values*
Total Fat	99g	152%
Saturated Fat	57g	283%
Cholesterol	929mg	310%
Sodium	310mg	13%
Total Carbohydrates	57g	19%
Dietary Fiber	1g	2%
Protein	29g	
Vitamin A		84%
Vitamin C		9%
Calcium		74%
Iron		16%

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