

Easy French Silk Chocolate Pie

Sue Mabon

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

Servings: 8

3/4 Cup Sugar

*1/2 cup Butter or margarine,
softened*

*2 squares unsweetened chocolate,
Melted and cooled*

1 Teaspoon Vanilla extract

2 eggs

*1 9 inch graham cracker OR regular
pie shell, baked and cooled
whipped cream*

In the large bowl of an electric mixer, cream the sugar and butter until light and fluffy. Add the melted chocolate and vanilla, beating well.

Add the eggs, one at a time, beating 5 minutes after each.

Pour the mixture into the crust. Chill for several hours or overnight.

Garnish with whipping cream and shaved chocolate before serving.

Per Serving (excluding unknown items): 231 Calories; 17g Fat (61.5% calories from fat); 2g Protein; 21g Carbohydrate; 1g Dietary Fiber; 84mg Cholesterol; 136mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 3 Fat; 1 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	231
% Calories from Fat:	61.5%
% Calories from Carbohydrates:	34.5%
% Calories from Protein:	4.0%
Total Fat (g):	17g
Saturated Fat (g):	10g
Monounsaturated Fat (g):	5g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	84mg
Carbohydrate (g):	21g
Dietary Fiber (g):	1g
	2g

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	7mcg
Niacin (mg):	trace
Caffeine (mg):	14mg
Alcohol (kcal):	2
% Refuse:	0 0%

Food Exchanges

Grain (Starch): 0

0

1

Protein (g):
Sodium (mg): 136mg
Potassium (mg): 80mg
Calcium (mg): 15mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 0mg
Vitamin A (i.u.): 501IU
Vitamin A (r.e.): 125 1/2RE

Lean Meat:
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 3
Other Carbohydrates: 1 1/2

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 231 **Calories from Fat:** 142

% Daily Values*

Total Fat	17g	26%
Saturated Fat	10g	49%
Cholesterol	84mg	28%
Sodium	136mg	6%
Total Carbohydrates	21g	7%
Dietary Fiber	1g	4%
Protein	2g	
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Vitamin A		10%
Vitamin C		0%
Calcium		2%
Iron		4%

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