

Minute Chocolate Pie

What's Cooking II
North American Institute of Modern Cuisine

Servings: 8

2 cups milk
2/3 cup sugar
4 ounces unsweetened chocolate
4 egg yolks
2 tablespoons cornstarch
2 tablespoons butter
1 teaspoon vanilla extract
1 9-inch pie crust, baked
2 cups whipped cream
2 tablespoons cocoa

In a saucepan, heat 1-1/2 cups of milk and half of the sugar.

Meanwhile, in a double-boiler, melt the chocolate. Fold into the warm milk.

In a bowl, combine the remaining sugar and the egg yolks. Add the remaining milk and cornstarch, mixing until creamy smooth. While whisking, pour into the boiling milk.

Once the mixture starts to bubble, remove from the heat.

Mix in the butter and vanilla. Pour into the baked crust.

Let cool. Decorate with the whipped cream. Dust with cocoa.

Variation #1: Add 2/3 cup of grated coconut at the same time as the butter and vanilla.

Variation #2: Replace the whipped cream with your choice of ice cream.

Per Serving (excluding unknown items): 346 Calories; 27g Fat (64.6% calories from fat); 6g Protein; 27g Carbohydrate; 3g Dietary Fiber; 163mg Cholesterol; 77mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Non-Fat Milk; 5 Fat; 1 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	346	Vitamin B6 (mg):	.1mg
% Calories from Fat:	64.6%	Vitamin B12 (mcg):	.5mcg
% Calories from Carbohydrates:	29.2%	Thiamin B1 (mg):	trace
% Calories from Protein:	6.2%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	27g	Folacin (mcg):	18mcg

Saturated Fat (g): 15g
Monounsaturated Fat (g): 8g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 163mg
Carbohydrate (g): 27g
Dietary Fiber (g): 3g
Protein (g): 6g
Sodium (mg): 77mg
Potassium (mg): 263mg
Calcium (mg): 117mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 1mg
Vitamin A (i.u.): 800IU
Vitamin A (r.e.): 225 1/2RE

Niacin (mg): trace
Caffeine (mg): 32mg
Alcohol (kcal): 2
% Refused: n n%

Food Exchanges

Grain (Starch): 1/2
Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 1/2
Fat: 5
Other Carbohydrates: 1

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 346 **Calories from Fat:** 223

% Daily Values*

Total Fat	27g	41%
Saturated Fat	15g	77%
Cholesterol	163mg	54%
Sodium	77mg	3%
Total Carbohydrates	27g	9%
Dietary Fiber	3g	11%
Protein	6g	
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Vitamin A		16%
Vitamin C		1%
Calcium		12%
Iron		8%

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