

# No-Bake White Chocolate Pie

Dorie Greenspan  
www.DashRecipes.com

## Servings: 8

4 ounces white chocolate (preferably imported), finely chopped  
1/2 pound cream cheese, room temperature  
1/4 cup sugar  
1 teaspoon vanilla extract  
1/3 cup sour cream  
1/2 cup heavy cream, chilled  
1 banana, thinly sliced  
1 nine-inch graham cracker crust  
grated dark chocolate (for garnish) (optional)

## Preparation Time: 15 minutes

Warm the chocolate in a bowl set over a pot of lightly simmering water. Remove from the heat when only partially melted. Stir to melt completely.

In a bowl, beat the cream cheese, sugar and vanilla until smooth. Beat in the chocolate, then the sour cream. In a bowl, whip the heavy cream until firm. Gently fold into the chocolate filling.

Place the banana slices on the crust. Top with the filling.

Chill for at least two hours.

If desired, sprinkle with grated dark chocolate before serving.

Start to Finish Time: 2 hours 15 minutes

---

Per Serving (excluding unknown items): 210 Calories; 17g Fat (73.3% calories from fat); 3g Protein; 11g Carbohydrate; trace Dietary Fiber; 56mg Cholesterol; 95mg Sodium. Exchanges: 1/2 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 3 1/2 Fat; 1/2 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

Calories (kcal):	210	Vitamin B6 (mg):	.1mg
% Calories from Fat:	73.3%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	21.3%	Thiamin B1 (mg):	trace
% Calories from Protein:	5.4%	Riboflavin B2 (mg):	.1mg

**Total Fat (g):** 17g  
**Saturated Fat (g):** 11g  
**Monounsaturated Fat (g):** 5g  
**Polyunsaturated Fat (g):** 1g  
**Cholesterol (mg):** 56mg  
**Carbohydrate (g):** 11g  
**Dietary Fiber (g):** trace  
**Protein (g):** 3g  
**Sodium (mg):** 95mg  
**Potassium (mg):** 117mg  
**Calcium (mg):** 44mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 2mg  
**Vitamin A (i.u.):** 710IU  
**Vitamin A (r.e.):** 208 1/2RE

**Folacin (mcg):** 8mcg  
**Niacin (mg):** trace  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 2  
**% Refuse:** n n%

### Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 1/2  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 3 1/2  
**Other Carbohydrates:** 1/2

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

**Calories** 210 **Calories from Fat:** 154

### % Daily Values\*

<b>Total Fat</b> 17g	27%
Saturated Fat 11g	55%
<b>Cholesterol</b> 56mg	19%
<b>Sodium</b> 95mg	4%
<b>Total Carbohydrates</b> 11g	4%
Dietary Fiber trace	1%
<b>Protein</b> 3g	
<hr/>	
<b>Vitamin A</b>	14%
<b>Vitamin C</b>	3%
<b>Calcium</b>	4%
<b>Iron</b>	2%

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