

# Frozen Mocha Pie

*Michael Tyrrell and Melissa Knific  
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## Servings: 10

### CRUST

*1 package (9 ounce) Nabisco  
Famous chocolate wafers, finely  
crushed  
1 tablespoon sugar  
1 stick (1/2 cup) unsalted butter,  
melted*

### FILLING

*1 cup milk chocolate chips  
3/4 cup light sour cream  
2 tablespoons coffee liqueur  
2 tablespoons sugar  
1/2 teaspoon vanilla extract  
1 tub (8 ounce) reduced-fat whipped  
topping, thawed  
1/4 cup unsweetened cocoa powder  
1/4 cup dark chocolate mini chunks*

## Preparation Time: 20 minutes

### Bake: 15 minutes

For the crust: Preheat the oven to 350 degrees.

In a large bowl, combine the wafer crumbs and sugar. Mix in the butter until the crumbs are moistened. Press the crumbs into a nine-inch pie plate. Bake for 15 minutes. Cool.

For the filling: Place the chocolate chips in a small bowl. Microwave on HIGH for 1 minute. Stir until smooth.

In a medium bowl, combine the sour cream, liqueur, sugar and vanilla. Stir in the melted chocolate. Spread evenly over the cookie crust. Freeze for two hours.

In a medium bowl, whisk together the whipped topping and cocoa powder. Fold in the mini chunks. Swirl the mixture over the pie and freeze overnight.

Let stand for 10 minutes before serving.

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Per Serving (excluding unknown items): 204 Calories; 15g Fat (64.3% calories from fat); 2g Protein; 17g Carbohydrate; 1g Dietary Fiber; 30mg Cholesterol; 20mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 3 Fat; 1 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

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% Calories from Fat:	64.3%
% Calories from Carbohydrates:	31.9%
% Calories from Protein:	3.8%
Total Fat (g):	15g
Saturated Fat (g):	9g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	30mg
Carbohydrate (g):	17g
Dietary Fiber (g):	1g
Protein (g):	2g
Sodium (mg):	20mg
Potassium (mg):	102mg
Calcium (mg):	44mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	trace
Vitamin A (i.u.):	378IU
Vitamin A (r.e.):	95RE

Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	2mcg
Niacin (mg):	trace
Caffeine (mg):	9mg
Alcohol (kcal):	11
% Refuse:	0.0%

## Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 10

### Amount Per Serving

**Calories** 204 Calories from Fat: 131

		% Daily Values*
<b>Total Fat</b>	15g	23%
Saturated Fat	9g	46%
<b>Cholesterol</b>	30mg	10%
<b>Sodium</b>	20mg	1%
<b>Total Carbohydrates</b>	17g	6%
Dietary Fiber	1g	5%
<b>Protein</b>	2g	
<b>Vitamin A</b>		8%
<b>Vitamin C</b>		0%
<b>Calcium</b>		4%
<b>Iron</b>		3%

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