



## 5 Minute Double Layer Pie

READY IN



65 min.

SERVINGS



5

CALORIES



327 kcal

### Ingredients

- 2 Tbsp multi-colored sprinkles
- 6 oz ready-to-use graham cracker crumb crust
- 2 pkg jell-o chocolate flavor pudding instant (4-serving size each)
- 1.3 cups milk cold
- 8 oz cool whip whipped topping divided thawed

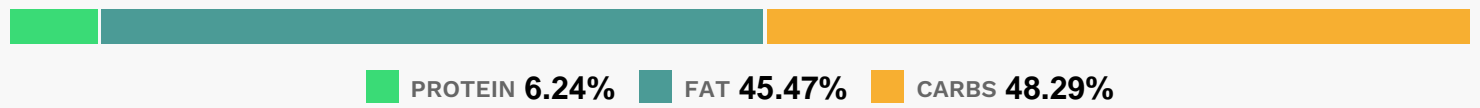
### Equipment

- bowl
- whisk

## Directions

- Pour milk into medium bowl.
- Add dry pudding mixes and half of the whipped topping. Beat with wire whisk 2 minutes. (
- Mixture will be thick.)
- Spread into crust; cover with remaining whipped topping.
- Refrigerate at least 1 hour or until ready to serve.
- Add sprinkles just before serving. Store leftover pie in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:7.6, Glycemic Load:1.08, Inflammation Score:-2, Nutrition Score:6.2608695652174%

## Nutrients (% of daily need)

Calories: 327.07kcal (16.35%), Fat: 16.55g (25.46%), Saturated Fat: 8.16g (50.98%), Carbohydrates: 39.54g (13.18%), Net Carbohydrates: 38.88g (14.14%), Sugar: 23.71g (26.34%), Cholesterol: 8.23mg (2.74%), Sodium: 221.79mg (9.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.11g (10.21%), Manganese: 0.44mg (22.09%), Phosphorus: 135.27mg (13.53%), Calcium: 117.15mg (11.71%), Vitamin B2: 0.2mg (11.63%), Vitamin K: 9.06µg (8.63%), Vitamin B1: 0.11mg (7.06%), Vitamin B12: 0.42µg (7%), Vitamin B3: 1.21mg (6.03%), Vitamin E: 0.89mg (5.91%), Folate: 23.49µg (5.87%), Iron: 0.94mg (5.19%), Potassium: 176.7mg (5.05%), Zinc: 0.72mg (4.82%), Magnesium: 18.5mg (4.62%), Selenium: 3.14µg (4.49%), Vitamin D: 0.67µg (4.47%), Copper: 0.08mg (4.12%), Vitamin B6: 0.07mg (3.61%), Vitamin B5: 0.29mg (2.88%), Vitamin A: 132.73IU (2.65%), Fiber: 0.66g (2.64%)