



5 Minute Toasted Almond Cheesecake Pie

READY IN



185 min.

SERVINGS



5

CALORIES



446 kcal

Ingredients

- 0.3 tsp almond extract
- 0.3 cup planters almonds divided toasted sliced
- 2 pkg jell-o cheesecake flavor pudding instant (4-serving size each)
- 1.3 cups milk cold
- 6 oz ready-to-use vanilla wafer crumb crust
- 2 cups cool whip whipped topping divided thawed

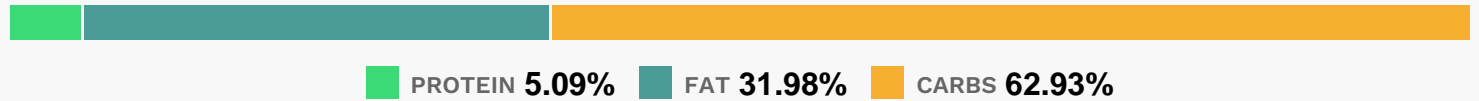
Equipment

- bowl
- whisk

Directions

- Pour milk and almond extract in large bowl.
- Add dry pudding mixes. Beat with wire whisk 2 minutes. Gently stir in 1 cup of the whipped topping. (
- Mixture will be thick.)
- Sprinkle 1/4 cup of the almonds onto bottom of crust; cover with the pudding mixture.
- Spread remaining whipped topping over pudding layer; sprinkle with remaining 2 Tbsp almonds. Cover.
- Refrigerate several hours until chilled. Store leftover pie in refrigerator.

Nutrition Facts



Properties

Glycemic Index:9.6, Glycemic Load:1.12, Inflammation Score:-2, Nutrition Score:5.6052173687064%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 446.04kcal (22.3%), Fat: 15.68g (24.12%), Saturated Fat: 6.4g (40%), Carbohydrates: 69.42g (23.14%), Net Carbohydrates: 68.23g (24.81%), Sugar: 49.66g (55.18%), Cholesterol: 7.92mg (2.64%), Sodium: 750.83mg (32.64%), Alcohol: 0.07g (100%), Alcohol %: 0.05% (100%), Protein: 5.61g (11.22%), Phosphorus: 152.9mg (15.29%), Vitamin B2: 0.23mg (13.54%), Calcium: 108.73mg (10.87%), Vitamin B1: 0.15mg (9.88%), Vitamin E: 1.36mg (9.05%), Magnesium: 31.73mg (7.93%), Folate: 26.74µg (6.68%), Iron: 1.19mg (6.63%), Vitamin B12: 0.39µg (6.49%), Potassium: 197.67mg (5.65%), Vitamin B3: 1.09mg (5.47%), Manganese: 0.11mg (5.4%), Fiber: 1.19g (4.75%), Vitamin D: 0.67µg (4.47%), Selenium: 2.07µg (2.95%), Zinc: 0.42mg (2.83%), Copper: 0.05mg (2.56%), Vitamin B5: 0.25mg (2.49%), Vitamin B6: 0.05mg (2.48%), Vitamin A: 121.07IU (2.42%), Vitamin K: 1.14µg (1.09%)