



## Brownie Bottom Pudding Pie

READY IN



45 min.

SERVINGS



45

CALORIES



72 kcal

DESSERT

### Ingredients

- 0.3 cup butter ( )
- 2 eggs
- 0.5 cup flour
- 2 pkg jell-o chocolate flavor pudding instant (4-serving size each)
- 2.5 cups milk cold
- 0.5 cup planters pecans chopped
- 4 oz baker's semi-sweet chocolate
- 0.8 cup sugar
- 1 tsp vanilla

8 oz cool whip whipped topping thawed

## Equipment

- bowl
- oven
- whisk
- wire rack
- toothpicks
- microwave

## Directions

- Preheat oven to 350F. Microwave chocolate and butter in large microwavable bowl on HIGH 2 minutes or until butter is melted. Stir until chocolate is completely melted.
- Add sugar, eggs and vanilla; mix until well blended. Stir in flour and nuts.
- Spread into greased 9-inch pie plate.
- Bake 25 minutes or until toothpick inserted in center comes out with fudgy crumbs. DO NOT OVERBAKE. Cool completely on wire rack.
- Pour milk into large bowl.
- Add dry pudding mixes. Beat with wire whisk 2 minutes.
- Let stand 2 minutes.
- Spread over pie. Top with whipped topping; sprinkle with grated chocolate. Refrigerate until ready to serve. Store leftover pie in refrigerator.

## Nutrition Facts



■ PROTEIN **6.89%** ■ FAT **50.47%** ■ CARBS **42.64%**

## Properties

Glycemic Index:4.29, Glycemic Load:3.34, Inflammation Score:-1, Nutrition Score:1.6152173742328%

## Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

## **Nutrients (% of daily need)**

Calories: 71.8kcal (3.59%), Fat: 4.08g (6.27%), Saturated Fat: 1.72g (10.74%), Carbohydrates: 7.75g (2.58%), Net Carbohydrates: 7.41g (2.69%), Sugar: 6.19g (6.88%), Cholesterol: 9.15mg (3.05%), Sodium: 24.41mg (1.06%), Alcohol: 0.03g (100%), Alcohol %: 0.13% (100%), Protein: 1.25g (2.51%), Manganese: 0.09mg (4.7%), Phosphorus: 32.72mg (3.27%), Vitamin B2: 0.04mg (2.52%), Selenium: 1.72µg (2.46%), Copper: 0.05mg (2.46%), Calcium: 24.31mg (2.43%), Magnesium: 8.35mg (2.09%), Vitamin B1: 0.03mg (1.9%), Vitamin B12: 0.11µg (1.77%), Vitamin A: 83.24IU (1.66%), Iron: 0.29mg (1.63%), Zinc: 0.21mg (1.42%), Potassium: 49.25mg (1.41%), Fiber: 0.35g (1.39%), Vitamin D: 0.19µg (1.25%), Vitamin B5: 0.1mg (1.05%)