

Brownie Pie

READY IN



45 min.

SERVINGS



12

CALORIES



298 kcal

DESSERT

Ingredients

- 20 ounce brownie mix with pecans
- 3.9 ounce chocolate pudding instant
- 1 cup milk
- 8 ounce non-dairy whipped topping frozen thawed

Equipment

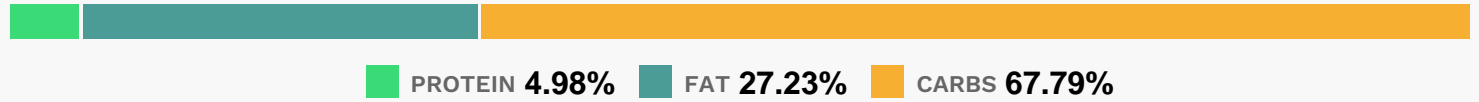
- bowl
- frying pan
- oven

whisk

Directions

- Make brownies in a 9x13 inch pan according to package directions.
- Bake and cool.
- In a small bowl, combine pudding mix and milk.
- Whisk until smooth. Allow to set up 5 minutes, then spread over cooled brownies.
- Spread whipped topping over pudding layer.
- Garnish with shaved chocolate and crushed chocolate wafers immediately before serving.
Store leftovers in refrigerator.

Nutrition Facts



Properties

Glycemic Index:3.17, Glycemic Load:0.36, Inflammation Score:-1, Nutrition Score:1.7478261026351%

Nutrients (% of daily need)

Calories: 297.73kcal (14.89%), Fat: 9.02g (13.87%), Saturated Fat: 3.82g (23.89%), Carbohydrates: 50.5g (16.83%), Net Carbohydrates: 50.17g (18.24%), Sugar: 35.13g (39.03%), Cholesterol: 2.82mg (0.94%), Sodium: 290.96mg (12.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.71g (7.43%), Iron: 1.47mg (8.14%), Phosphorus: 41.16mg (4.12%), Calcium: 39.53mg (3.95%), Vitamin B2: 0.05mg (2.95%), Vitamin B12: 0.15µg (2.46%), Potassium: 71.33mg (2.04%), Magnesium: 7.91mg (1.98%), Copper: 0.03mg (1.74%), Manganese: 0.03mg (1.73%), Selenium: 1.07µg (1.53%), Vitamin D: 0.22µg (1.49%), Fiber: 0.33g (1.33%), Vitamin B1: 0.02mg (1.07%), Zinc: 0.16mg (1.06%)