



Butterscotch Pudding Pie

 Popular

READY IN



730 min.

SERVINGS



10

CALORIES



135 kcal

Ingredients

- ☐ 1.4 oz jell-o vanilla flavor pudding sugar free instant
- ☐ 2 cups milk
- ☐ 32 saltines
- ☐ 8 oz non-dairy whipped topping

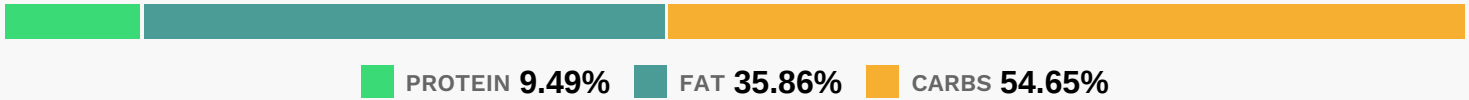
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ Whisk instant pudding and milk together and place into the refrigerator 5 minutes.
- ☐ Place 16 crackers in the bottom of an 9x9 pan.
- ☐ Pour half of the pudding over crackers, and spread evenly with spoon.
- ☐ Place remaining 16 crackers over pudding, the pour other half of pudding over crackers and spread evenly with a spoon.Top with entire container of COOL WHIP.Cover with plastic wrap and refrigerate for 12–24 hours.
- ☐ Garnish with chocolate shavings before serving, if desired.

Nutrition Facts



Properties

Glycemic Index:3.8, Glycemic Load:0.87, Inflammation Score:-1, Nutrition Score:3.3556521716325%

Nutrients (% of daily need)

Calories: 135.25kcal (6.76%), Fat: 5.38g (8.27%), Saturated Fat: 3.63g (22.7%), Carbohydrates: 18.45g (6.15%), Net Carbohydrates: 18.15g (6.6%), Sugar: 10.97g (12.19%), Cholesterol: 6.31mg (2.1%), Sodium: 150.41mg (6.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.2g (6.4%), Vitamin B2: 0.14mg (7.94%), Calcium: 78.15mg (7.81%), Phosphorus: 75.94mg (7.59%), Vitamin B1: 0.1mg (6.62%), Vitamin B12: 0.32µg (5.29%), Manganese: 0.08mg (4.14%), Vitamin D: 0.54µg (3.58%), Selenium: 2.5µg (3.57%), Vitamin B3: 0.69mg (3.46%), Folate: 13.54µg (3.39%), Potassium: 111.49mg (3.19%), Vitamin K: 3.31µg (3.15%), Iron: 0.56mg (3.11%), Magnesium: 9.65mg (2.41%), Vitamin B5: 0.23mg (2.28%), Vitamin B6: 0.04mg (2.13%), Zinc: 0.29mg (1.93%), Vitamin A: 95.93IU (1.92%), Vitamin E: 0.25mg (1.65%), Fiber: 0.29g (1.17%)