



Cakespy: Conversation Heart Cream Pie

READY IN



45 min.

SERVINGS



8

CALORIES



244 kcal

DESSERT

Ingredients

- ☐ 0.5 cup candy hearts divided
- ☐ 3.9 ounces vanilla pudding instant
- ☐ 2 cups milk cold
- ☐ 1 pie crust dough cooled

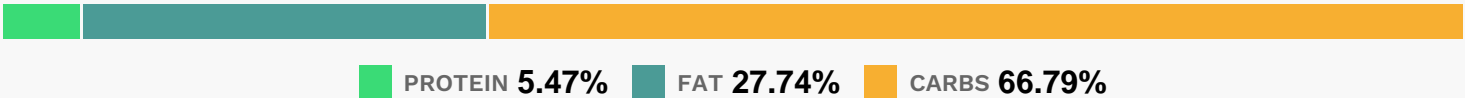
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Put your pre-baked pie shell in the refrigerator. You'll leave it here for about an hour, to chill out while you prepare the filling.
- ☐ Pour your 2 cups of milk into a bowl.
- ☐ Add 1/4 cup conversation hearts to the bowl, and put in the fridge to "steep" for about an hour.
- ☐ Mix the "steeped" milk mixture with the instant pudding, whisking until it starts to thicken. You will have little pastel lumps of conversation heart in the mixture--they will not be all the way melted.
- ☐ Pour the pudding into the prepared pie shell.
- ☐ Let set in the refrigerator for about an hour; garnish with whipped cream and the remaining conversation hearts directly before serving.

Nutrition Facts



Properties

Glycemic Index:4.75, Glycemic Load:1.08, Inflammation Score:-1, Nutrition Score:3.4417391134345%

Nutrients (% of daily need)

Calories: 244.18kcal (12.21%), Fat: 7.55g (11.61%), Saturated Fat: 2.88g (18.01%), Carbohydrates: 40.89g (13.63%), Net Carbohydrates: 40.27g (14.64%), Sugar: 28.16g (31.29%), Cholesterol: 7.32mg (2.44%), Sodium: 197.85mg (8.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.35g (6.7%), Calcium: 79.76mg (7.98%), Phosphorus: 77.19mg (7.72%), Vitamin B2: 0.12mg (7.18%), Vitamin B1: 0.09mg (6.17%), Vitamin B12: 0.33µg (5.49%), Manganese: 0.1mg (4.87%), Vitamin D: 0.67µg (4.47%), Folate: 14.88µg (3.72%), Selenium: 2.49µg (3.56%), Potassium: 114.88mg (3.28%), Vitamin B3: 0.64mg (3.19%), Vitamin B5: 0.31mg (3.14%), Iron: 0.56mg (3.13%), Magnesium: 10.51mg (2.63%), Fiber: 0.61g (2.46%), Vitamin B6: 0.05mg (2.39%), Zinc: 0.35mg (2.32%), Vitamin A: 99.03IU (1.98%), Vitamin K: 1.73µg (1.65%)