



## Cappuccino Pie

READY IN



135 min.

SERVINGS



15

CALORIES



143 kcal

DESSERT

## Ingredients

- 0.5 cup cream sauce hot
- 1 env. Knox gelatine unflavored
- 1 cup vanilla yogurt low-fat
- 6 oz Oreo pie crust
- 0.5 cup raspberries fresh
- 0.5 cup strong Maxwell House coffee cooled brewed
- 0.3 cup sugar
- 2 cups Cool Whip Lite whipped topping divided thawed

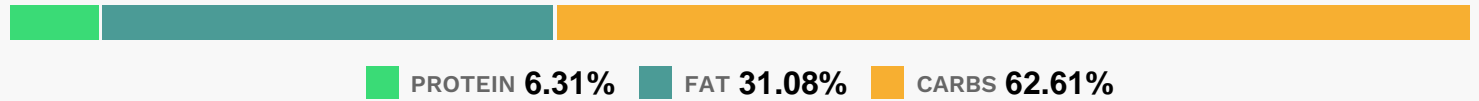
## Equipment

- bowl
- sauce pan
- whisk

## Directions

- Sprinkle gelatine over coffee in saucepan; let stand 1 min. Cook on low heat 3 min. or until gelatine is completely dissolved, stirring constantly. Cool slightly. Meanwhile, mix yogurt and sugar in medium bowl; set aside.
- Add gelatine mixture to yogurt mixture; stir with whisk until well blended. Stir in 1-1/2 cups COOL WHIP.
- Pour into crust.
- Refrigerate 2 hours or until firm. Top with remaining COOL WHIP, fudge topping and berries just before serving.

## Nutrition Facts



## Properties

Glycemic Index:6.41, Glycemic Load:2.38, Inflammation Score:-1, Nutrition Score:2.2730434562849%

## Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 142.53kcal (7.13%), Fat: 4.95g (7.62%), Saturated Fat: 2.23g (13.96%), Carbohydrates: 22.46g (7.49%), Net Carbohydrates: 21.71g (7.9%), Sugar: 14.9g (16.55%), Cholesterol: 1.12mg (0.37%), Sodium: 110.9mg (4.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.87mg (1.29%), Protein: 2.26g (4.53%), Phosphorus: 56.35mg (5.64%), Vitamin B2: 0.08mg (4.79%), Calcium: 41.22mg (4.12%), Manganese: 0.07mg (3.35%), Vitamin B1: 0.05mg (3.17%), Magnesium: 12.6mg (3.15%), Fiber: 0.75g (2.99%), Folate: 11.46µg (2.86%), Iron: 0.52mg (2.86%), Potassium: 98.58mg (2.82%), Vitamin E: 0.36mg (2.37%), Copper: 0.04mg (2.19%), Selenium: 1.33µg (1.9%), Vitamin B12: 0.11µg (1.88%), Vitamin B3: 0.37mg (1.85%), Zinc: 0.25mg (1.66%), Vitamin C: 1.2mg (1.45%), Vitamin B5: 0.14mg (1.36%)