



Cappuccino Pie

READY IN



225 min.

SERVINGS



8

CALORIES



1152 kcal

DESSERT

Ingredients

- 9 inch graham cracker crust prepared
- 3 tablespoons coffee granules instant
- 3.5 ounce vanilla pudding mix instant
- 1 cup milk cold
- 1.5 ounce bar milk chocolate candy
- 12 ounce non-dairy whipped topping frozen thawed

Equipment

- bowl

- whisk
- microwave
- peeler

Directions

- In a medium bowl combine pudding mix and coffee granules.
- Add milk, and whisk until smooth. Fold in 1/3 of the whipped topping and pour mixture into crust. Refrigerate 30 minutes.
- Spread remaining whipped topping over pie filling and refrigerate an additional 2 to 3 hours. If garnish is desired, soften chocolate candy bar in microwave on low power for 30 seconds. Carefully make chocolate curls with a vegetable peeler.
- Sprinkle curls on top of pie before serving.

Nutrition Facts



Properties

Glycemic Index:10.07, Glycemic Load:1.78, Inflammation Score:-5, Nutrition Score:20.617391415264%

Nutrients (% of daily need)

Calories: 1152.29kcal (57.61%), Fat: 55.85g (85.93%), Saturated Fat: 16.02g (100.11%), Carbohydrates: 150.65g (50.22%), Net Carbohydrates: 146.65g (53.33%), Sugar: 58.7g (65.22%), Cholesterol: 4.51mg (1.5%), Sodium: 1023.3mg (44.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 62.38mg (20.79%), Protein: 12.5g (25.01%), Manganese: 2.52mg (126.1%), Vitamin K: 43.52µg (41.44%), Vitamin B3: 6.8mg (33.99%), Folate: 125.75µg (31.44%), Phosphorus: 299.78mg (29.98%), Vitamin B2: 0.5mg (29.62%), Iron: 5.25mg (29.19%), Vitamin B1: 0.38mg (25.25%), Vitamin E: 3.78mg (25.2%), Copper: 0.47mg (23.34%), Zinc: 2.65mg (17.65%), Fiber: 4g (16%), Magnesium: 62.76mg (15.69%), Calcium: 127.71mg (12.77%), Potassium: 389.08mg (11.12%), Selenium: 7.07µg (10.1%), Vitamin B6: 0.18mg (8.76%), Vitamin B5: 0.46mg (4.6%), Vitamin B12: 0.25µg (4.16%), Vitamin D: 0.34µg (2.24%), Vitamin A: 82.79IU (1.66%)