



Caramel Pie

READY IN



45 min.

SERVINGS



8

CALORIES



1213 kcal

Ingredients

- 9 inch graham cracker crust prepared
- 14 ounce condensed milk sweetened canned
- 12 ounce non-dairy whipped topping frozen thawed

Equipment

- pot

Directions

- In a large pot, place the can of sweetened condensed milk with the label taken off, in the pot and cover with water. Cook on high until water comes to a boil, then turn on medium/high for 4 hours, only adding water to keep the can covered.

Carefully open can and pour into pie shell. Cool pie in refrigerator. When completely cooled, top with frozen whipped topping.

Serve.

Nutrition Facts

PROTEIN 4.92% **FAT 42.43%** **CARBS 52.65%**

Properties

Glycemic Index:7.63, Glycemic Load:16.46, Inflammation Score:-5, Nutrition Score:22.378260713557%

Nutrients (% of daily need)

Calories: 1212.67kcal (60.63%), Fat: 57.32g (88.18%), Saturated Fat: 17.09g (106.82%), Carbohydrates: 160g (53.33%), Net Carbohydrates: 156.36g (56.86%), Sugar: 71.64g (79.6%), Cholesterol: 17.72mg (5.91%), Sodium: 994.41mg (43.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.95g (29.91%), Manganese: 2.46mg (123.22%), Vitamin K: 43.35µg (41.29%), Vitamin B2: 0.65mg (38.35%), Phosphorus: 380.75mg (38.07%), Folate: 131.05µg (32.76%), Vitamin B3: 6.3mg (31.52%), Iron: 5.11mg (28.38%), Vitamin B1: 0.41mg (27%), Vitamin E: 3.83mg (25.53%), Calcium: 226.55mg (22.66%), Copper: 0.44mg (21.91%), Zinc: 2.9mg (19.33%), Selenium: 13.34µg (19.05%), Magnesium: 59.86mg (14.97%), Fiber: 3.63g (14.53%), Potassium: 443.12mg (12.66%), Vitamin B6: 0.18mg (8.96%), Vitamin B5: 0.71mg (7.13%), Vitamin B12: 0.3µg (5.06%), Vitamin A: 165.84IU (3.32%), Vitamin C: 1.29mg (1.56%)