

Caramel Silk Pie

READY IN



45 min.

SERVINGS



10

CALORIES



238 kcal

DESSERT

Ingredients

- 0.5 cup peach pie filling
- 50 pieces werther's original chewy caramels
- 1 chocolate cookie crust
- 0.5 teaspoon cinnamon
- 8 ounce cream cheese softened
- 1 tablespoon milk
- 0.5 cup cup heavy whipping cream sour
- 2 tablespoons sugar
- 2 teaspoons vanilla

- 0.5 cup walnuts chopped
- 3.5 cups whipped cream prepared

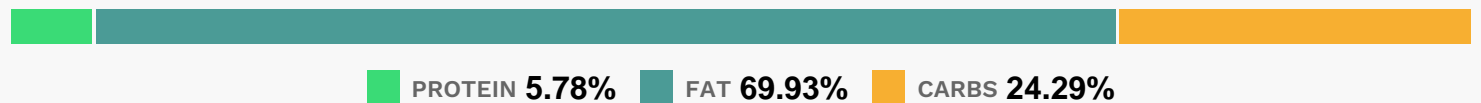
Equipment

- bowl

Directions

- Melt caramels with milk in a small microwaveable bowl on high 1 to 1 1/2 minutes; stir mixture until smooth.
- Pour into crust; sprinkle with nuts. Beat cream cheese, sour cream and sugar until smooth; stir in apple pie filling, vanilla and cinnamon. Fold in half of the whipped topping.
- Spread mixture over caramel layer in crust. Chill for at least 4 hours.
- Garnish with remaining whipped topping, and melted caramels, if desired.

Nutrition Facts



Properties

Glycemic Index:28.01, Glycemic Load:6.07, Inflammation Score:-4, Nutrition Score:3.8252174128657%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg

Nutrients (% of daily need)

Calories: 238.49kcal (11.92%), Fat: 19.01g (29.25%), Saturated Fat: 9.16g (57.27%), Carbohydrates: 14.86g (4.95%), Net Carbohydrates: 14.29g (5.2%), Sugar: 10.58g (11.76%), Cholesterol: 46.18mg (15.39%), Sodium: 95.57mg (4.16%), Alcohol: 0.28g (100%), Alcohol %: 0.42% (100%), Protein: 3.54g (7.07%), Manganese: 0.23mg (11.34%), Vitamin A: 528.92IU (10.58%), Phosphorus: 80.23mg (8.02%), Calcium: 70.89mg (7.09%), Vitamin B2: 0.11mg (6.56%), Copper: 0.11mg (5.49%), Selenium: 3.13µg (4.47%), Magnesium: 16.2mg (4.05%), Potassium: 121.04mg (3.46%), Vitamin B6: 0.06mg (3.17%), Vitamin B5: 0.31mg (3.08%), Vitamin E: 0.44mg (2.97%), Zinc: 0.45mg (2.97%), Vitamin B1: 0.04mg (2.87%), Vitamin B12: 0.16µg (2.63%), Folate: 9.37µg (2.34%), Fiber: 0.57g (2.26%), Iron: 0.27mg (1.49%), Vitamin K: 1.39µg (1.32%)