



## Chocolate-Caramel Cream Pie

READY IN



210 min.

SERVINGS



30

CALORIES



90 kcal

DESSERT

### Ingredients

- 3 Tbsp butter melted
- 2 Tbsp caramel ice cream topping
- 4 oz philadelphia cream cheese softened ()
- 3.9 oz jell-o chocolate flavor pudding instant
- 1.5 cups milk cold
- 1.5 cups oreo cookies crushed finely
- 1 cup cool whip whipped topping thawed

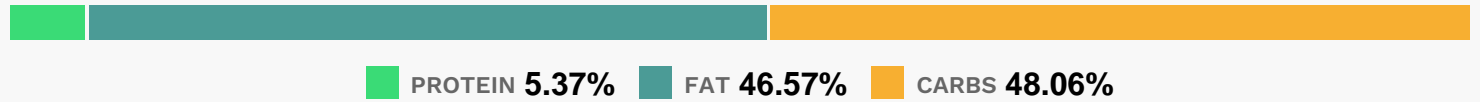
### Equipment

- bowl
- whisk

## Directions

- Combine cookie crumbs and butter; press onto bottom and up side of 9-inch pie plate sprayed with cooking spray. Refrigerate until ready to use.
- Mix cream cheese and caramel topping in medium bowl until well blended. Gently stir in COOL WHIP; spread onto bottom of crust.
- Beat pudding mix and milk with whisk 2 min.; pour over cream cheese layer. Refrigerate 3 hours.

## Nutrition Facts



## Properties

Glycemic Index:3.83, Glycemic Load:0.27, Inflammation Score:-1, Nutrition Score:1.8047826009114%

## Nutrients (% of daily need)

Calories: 90.33kcal (4.52%), Fat: 4.77g (7.34%), Saturated Fat: 2.49g (15.53%), Carbohydrates: 11.07g (3.69%), Net Carbohydrates: 10.7g (3.89%), Sugar: 7.86g (8.73%), Cholesterol: 8.38mg (2.79%), Sodium: 115.8mg (5.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.24g (2.48%), Iron: 1.02mg (5.68%), Manganese: 0.07mg (3.47%), Phosphorus: 29.18mg (2.92%), Vitamin B2: 0.05mg (2.9%), Vitamin K: 2.54µg (2.42%), Calcium: 23.58mg (2.36%), Vitamin A: 109.25IU (2.19%), Copper: 0.04mg (2.04%), Vitamin E: 0.28mg (1.9%), Magnesium: 7.49mg (1.87%), Selenium: 1.16µg (1.65%), Vitamin B1: 0.02mg (1.63%), Potassium: 54.47mg (1.56%), Fiber: 0.36g (1.46%), Vitamin B12: 0.08µg (1.4%), Folate: 5.48µg (1.37%), Vitamin B3: 0.24mg (1.18%), Zinc: 0.15mg (1.03%)