



## Chocolate Crunch Pie

READY IN



45 min.

SERVINGS



10

CALORIES



375 kcal

DESSERT

### Ingredients

- 1 9-inch chocolate pie crust prepared ()
- 20 crème-filled chocolate sandwich cookies crushed
- 3.9 ounce chocolate pudding instant
- 1 cup milk cold
- 1.5 cups semi chocolate chips
- 8 ounce non-dairy whipped topping frozen thawed

### Equipment

- bowl

whisk

## Directions

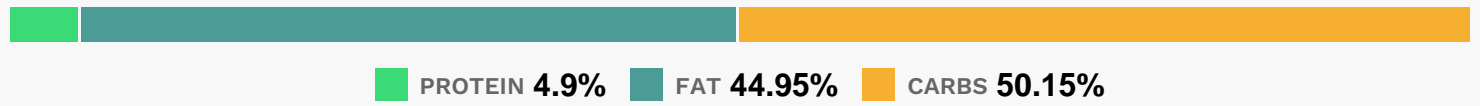
In a medium bowl, whisk together pudding mix and milk. Allow to set up 5 minutes, then fold in whipped topping. Gently stir in 1 cup of the crushed cookies and the chocolate chips. Spoon into crust.

Sprinkle with remaining crushed cookies.

Freeze overnight for best results.

Remove pie from freezer 15 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:3.8, Glycemic Load:0.43, Inflammation Score:-3, Nutrition Score:8.6408696122791%

## Nutrients (% of daily need)

Calories: 375.42kcal (18.77%), Fat: 18.91g (29.09%), Saturated Fat: 10.42g (65.11%), Carbohydrates: 47.47g (15.82%), Net Carbohydrates: 44.22g (16.08%), Sugar: 33.74g (37.49%), Cholesterol: 5mg (1.67%), Sodium: 279.92mg (12.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 25.19mg (8.4%), Protein: 4.64g (9.29%), Manganese: 0.56mg (28.1%), Iron: 4.78mg (26.55%), Copper: 0.46mg (22.94%), Magnesium: 68.32mg (17.08%), Phosphorus: 142.05mg (14.2%), Fiber: 3.26g (13.02%), Vitamin K: 9.48µg (9.03%), Potassium: 294.97mg (8.43%), Vitamin B2: 0.13mg (7.69%), Zinc: 1.08mg (7.23%), Calcium: 69.22mg (6.92%), Selenium: 4.8µg (6.86%), Vitamin E: 0.89mg (5.9%), Vitamin B1: 0.08mg (5.03%), Vitamin B3: 0.93mg (4.63%), Folate: 15.72µg (3.93%), Vitamin B12: 0.23µg (3.76%), Vitamin B5: 0.25mg (2.47%), Vitamin D: 0.27µg (1.79%), Vitamin B6: 0.04mg (1.77%), Vitamin A: 70.29IU (1.41%)