

Chocolate-Glazed Turtle Pie

READY IN



15 min.

SERVINGS



10

CALORIES



311 kcal

DESSERT

Ingredients

- 0.3 cup mrs richardson's butterscotch caramel sauce
- 6 ounce graham cracker crust
- 7.8 ounce jell-o vanilla flavor pudding instant
- 2 cups milk cold
- 0.5 cup pecans divided
- 2 ounce bittersweet chocolate
- 2 cups non-dairy whipped topping divided thawed

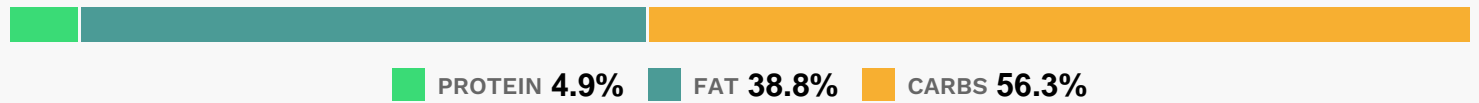
Equipment

- bowl
- whisk
- microwave

Directions

- Spread caramel topping onto bottom of crust. Reserve 10 nuts for garnish. Coarsely chop remaining nuts; sprinkle over caramel topping.
- Beat pudding mixes and milk with whisk 2 min. Stir in 1 cup COOL WHIP; pour into crust. Refrigerate 2 hours or until firm.
- Microwave chocolate squares and remaining COOL WHIP in microwaveable bowl on HIGH 1 min.; stir until blended.
- Spread over pie. Top with reserved nuts.
- Let stand 10 min. before serving.

Nutrition Facts



Properties

Glycemic Index:4.8, Glycemic Load:0.89, Inflammation Score:-2, Nutrition Score:5.7347825859552%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg

Nutrients (% of daily need)

Calories: 311.14kcal (15.56%), Fat: 13.57g (20.88%), Saturated Fat: 5.03g (31.43%), Carbohydrates: 44.31g (14.77%), Net Carbohydrates: 42.93g (15.61%), Sugar: 32.01g (35.57%), Cholesterol: 6.5mg (2.17%), Sodium: 269.71mg (11.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.88mg (1.63%), Protein: 3.85g (7.71%), Manganese: 0.52mg (26.17%), Phosphorus: 111.39mg (11.14%), Copper: 0.17mg (8.74%), Calcium: 86.46mg (8.65%), Vitamin B2: 0.13mg (7.6%), Magnesium: 27.07mg (6.77%), Vitamin B1: 0.1mg (6.41%), Fiber: 1.38g (5.54%), Zinc: 0.81mg (5.38%), Iron: 0.96mg (5.33%), Vitamin B12: 0.31µg (5.23%), Potassium: 168.17mg (4.8%), Vitamin K: 4.92µg (4.68%),

Selenium: 2.67 μ g (3.81%), Vitamin B3: 0.72mg (3.6%), Vitamin D: 0.54 μ g (3.58%), Vitamin E: 0.52mg (3.46%),
Folate: 12.71 μ g (3.18%), Vitamin B6: 0.06mg (2.9%), Vitamin B5: 0.28mg (2.81%), Vitamin A: 101.02IU (2.02%)