



Chocolate-Glazed Turtle Pie

READY IN



135 min.

SERVINGS



15

CALORIES



207 kcal

DESSERT

Ingredients

- 0.3 cup caramel ice cream topping
- 6 oz ready-to-use graham cracker crumb crust
- 7.8 oz jell-o chocolate flavor pudding instant
- 2 cups milk cold
- 0.5 cup planters pecan halves divided
- 2 oz baker's semi-sweet chocolate
- 2 cups cool whip whipped topping divided thawed

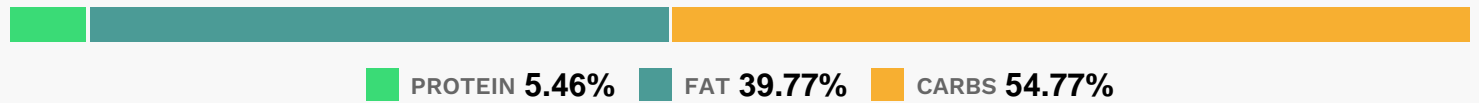
Equipment

- 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 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:3.2, Glycemic Load:0.59, Inflammation Score:-2, Nutrition Score:4.4160869565347%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 207.28kcal (10.36%), Fat: 9.27g (14.26%), Saturated Fat: 3.46g (21.63%), Carbohydrates: 28.72g (9.57%), Net Carbohydrates: 27.35g (9.95%), Sugar: 19.65g (21.83%), Cholesterol: 4.33mg (1.44%), Sodium: 296.86mg (12.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.28mg (1.43%), Protein: 2.86g (5.73%), Manganese: 0.4mg (20.09%), Phosphorus: 84.58mg (8.46%), Copper: 0.17mg (8.28%), Magnesium: 24.68mg (6.17%), Calcium: 58.67mg (5.87%), Fiber: 1.37g (5.46%), Vitamin B2: 0.09mg (5.43%), Iron: 0.82mg (4.54%), Vitamin B1: 0.07mg (4.37%), Zinc: 0.63mg (4.17%), Potassium: 143.95mg (4.11%), Vitamin B12: 0.21µg (3.49%), Vitamin K: 3.5µg (3.33%),

Selenium: 2.01µg (2.88%), Vitamin B3: 0.51mg (2.57%), Vitamin D: 0.36µg (2.39%), Vitamin E: 0.36mg (2.38%),
Folate: 8.91µg (2.23%), Vitamin B6: 0.04mg (2.02%), Vitamin B5: 0.19mg (1.91%), Vitamin A: 67.35IU (1.35%)