



Chocolate Hazelnut Mocha Cappuccino Pie

READY IN



130 min.

SERVINGS



8

CALORIES



228 kcal

DESSERT

Ingredients

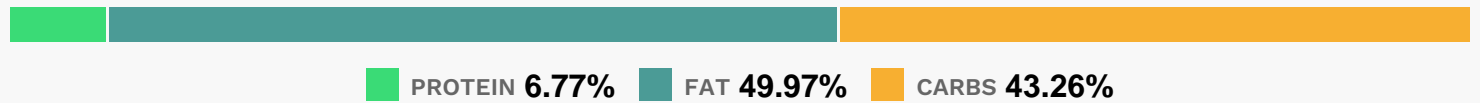
- 1 9-inch chocolate cookie crumb crust prepared ()
- 0.5 cup hazelnuts chopped
- 3.4 ounce vanilla pudding mix instant
- 1.5 cups milk cold
- 0.5 cup semi chocolate chips
- 2 cups non-dairy whipped topping frozen thawed
- 2 tablespoons mocha cappuccino mix instant

Equipment

Directions

- Prepare pudding according to package directions using the milk and coffee mix. Fold in 1/2 cup whipped topping to pudding, then spread mixture into pie crust.
- Sprinkle 1/4 cup chocolate chips and 1/4 cup hazelnuts over top of pie. Cover, and refrigerate for 2 hours.
- Spread remaining 1 1/2 cups of whipped topping on pie, then sprinkle remaining chocolate chips and hazelnuts on top.

Nutrition Facts



Properties

Glycemic Index:6.63, Glycemic Load:0.89, Inflammation Score:-2, Nutrition Score:6.2826086826946%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg 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: 227.96kcal (11.4%), Fat: 12.87g (19.79%), Saturated Fat: 5.8g (36.25%), Carbohydrates: 25.06g (8.35%), Net Carbohydrates: 23.36g (8.49%), Sugar: 20.68g (22.97%), Cholesterol: 6.54mg (2.18%), Sodium: 109.15mg (4.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.68mg (3.22%), Protein: 3.92g (7.84%), Manganese: 0.62mg (30.75%), Copper: 0.27mg (13.71%), Phosphorus: 111.5mg (11.15%), Magnesium: 38.86mg (9.72%), Vitamin E: 1.31mg (8.72%), Calcium: 85.71mg (8.57%), Fiber: 1.7g (6.81%), Iron: 1.1mg (6.09%), Potassium: 204.91mg (5.85%), Vitamin B2: 0.1mg (5.64%), Vitamin B1: 0.08mg (5.44%), Vitamin B12: 0.3µg (5.08%), Zinc: 0.69mg (4.6%), Vitamin B6: 0.08mg (3.89%), Selenium: 2.55µg (3.65%), Vitamin D: 0.5µg (3.36%), Vitamin B5: 0.27mg (2.73%), Vitamin K: 2.61µg (2.49%), Folate: 9.13µg (2.28%), Vitamin A: 95.11IU (1.9%), Vitamin B3: 0.3mg (1.5%)