



Chocolate Layered Pie

 Popular

READY IN



150 min.

SERVINGS



8

CALORIES



496 kcal

DESSERT

Ingredients

- 0.5 cup butter melted
- 1 cup confectioners' sugar
- 8 ounce cream cheese
- 1 cup flour all-purpose
- 5.9 ounce chocolate pudding mix instant
- 0.7 cup milk
- 0.5 cup pecans chopped
- 2 cups non-dairy whipped topping frozen thawed

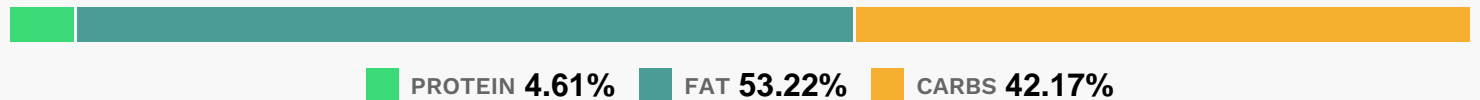
Equipment

- oven
- whisk
- mixing bowl

Directions

- Mix together pecans, melted butter, and flour. Pat into the bottom and up the sides of a 9 inch pie plate.
- Bake at 350 degrees F (175 degrees C) until lightly browned.
- Remove from oven, and set aside to cool.
- In a mixing bowl, blend 1 cup whipped topping, cream cheese, and confectioners sugar until creamy.
- Spread into cooled crust.
- Whisk together pudding mix and milk.
- Spread evenly over cheese layer, and the spread remaining whipped topping on top. Chill 1 1/2 to 2 hours.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:9.44, Inflammation Score:-5, Nutrition Score:7.5978260908438%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg

Nutrients (% of daily need)

Calories: 496.48kcal (24.82%), Fat: 29.82g (45.88%), Saturated Fat: 16.13g (100.84%), Carbohydrates: 53.17g (17.72%), Net Carbohydrates: 51.34g (18.67%), Sugar: 35.65g (39.61%), Cholesterol: 61.95mg (20.65%), Sodium: 500.85mg (21.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.81g (11.63%), Manganese: 0.49mg (24.72%), Vitamin A: 785.91IU (15.72%), Selenium: 9.58µg (13.69%), Vitamin B1: 0.19mg (12.81%), Vitamin B2: 0.22mg (12.67%), Phosphorus: 118.95mg (11.89%), Copper: 0.19mg (9.32%), Folate: 34.26µg (8.56%), Calcium: 79mg (7.9%), Fiber: 1.83g (7.31%), Magnesium: 27.68mg (6.92%), Iron: 1.23mg (6.83%), Vitamin B3: 1.12mg (5.61%), Zinc: 0.81mg (5.37%), Vitamin E: 0.8mg (5.31%), Potassium: 184.56mg (5.27%), Vitamin B12: 0.23µg (3.9%), Vitamin B5: 0.39mg (3.85%), Vitamin B6: 0.06mg (2.81%), Vitamin K: 2.85µg (2.71%), Vitamin D: 0.22µg (1.49%)