



Chocolate-Macadamia Nut Pie

READY IN



45 min.

SERVINGS



10

CALORIES



432 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 2 cups chocolate fat-free softened
- ☐ 6.5 ounce chocolate sandwich cookies sugar-free crushed ()
- ☐ 3.5 ounce macadamia nuts unsalted coarsely chopped
- ☐ 16 ounce cartons whipped topping fat-free frozen thawed

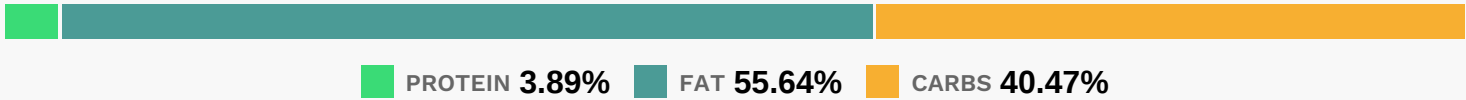
Equipment

- ☐ springform pan

Directions

- ☐ Combine crushed cookies and butter. Press mixture firmly in bottom of a 9-inch springform pan coated with cooking spray.
- ☐ Combine softened ice cream and nuts, stirring well. Fold in whipped topping.
- ☐ Pour mixture into prepared crust. Cover and freeze until firm.
- ☐ Remove sides of springform pan; let pie stand 10 minutes before serving. Top with chocolate shavings, toasted nuts, and whipped topping, if desired.
- ☐ carbo rating: 32

Nutrition Facts



Properties

Glycemic Index:10.26, Glycemic Load:8.24, Inflammation Score:-4, Nutrition Score:9.7921738527391%

Nutrients (% of daily need)

Calories: 431.89kcal (21.59%), Fat: 28.68g (44.13%), Saturated Fat: 12.73g (79.54%), Carbohydrates: 46.94g (15.65%), Net Carbohydrates: 43.44g (15.8%), Sugar: 33.23g (36.92%), Cholesterol: 16.29mg (5.43%), Sodium: 137.26mg (5.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 24.02mg (8.01%), Protein: 4.51g (9.01%), Manganese: 0.71mg (35.39%), Vitamin B2: 0.43mg (25.07%), Iron: 3.58mg (19.87%), Copper: 0.35mg (17.3%), Magnesium: 64.82mg (16.21%), Vitamin B1: 0.23mg (15.28%), Fiber: 3.49g (13.98%), Phosphorus: 119.09mg (11.91%), Vitamin B12: 0.68µg (11.31%), Vitamin K: 7.68µg (7.32%), Calcium: 70.7mg (7.07%), Potassium: 231.13mg (6.6%), Zinc: 0.93mg (6.23%), Vitamin B3: 1.13mg (5.63%), Folate: 21.22µg (5.3%), Selenium: 3.7µg (5.28%), Vitamin B6: 0.1mg (5.12%), Vitamin E: 0.74mg (4.92%), Vitamin A: 184.71IU (3.69%), Vitamin B5: 0.16mg (1.6%)