



Chocolate Pudding Pie

 Popular

READY IN



195 min.

SERVINGS



10

CALORIES



181 kcal

Ingredients

- 3.9 oz jell-o chocolate flavor pudding instant
- 1.5 cups milk cold
- 6 oz oreo pie crust
- 2 cups cool whip whipped topping divided thawed

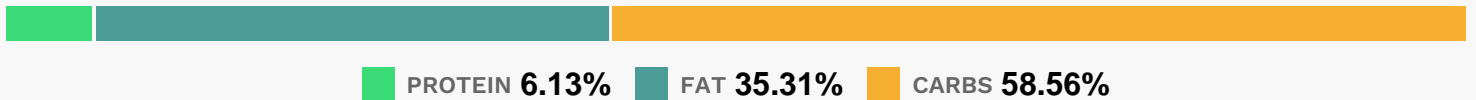
Equipment

- whisk

Directions

- Beat pudding mix and milk with whisk 2 min.
- Pour half the pudding into crust.
- Let stand 5 min.
- Stir 1 cup COOL WHIP into remaining pudding; spoon over pudding layer in crust.
- Top with remaining COOL WHIP.
- Refrigerate 3 hours.

Nutrition Facts



Properties

Glycemic Index:3.8, Glycemic Load:0.65, Inflammation Score:-1, Nutrition Score:2.7626086706701%

Nutrients (% of daily need)

Calories: 180.7kcal (9.04%), Fat: 7.1g (10.92%), Saturated Fat: 3.32g (20.73%), Carbohydrates: 26.48g (8.83%), Net Carbohydrates: 25.78g (9.37%), Sugar: 17.69g (19.65%), Cholesterol: 4.69mg (1.56%), Sodium: 268.94mg (11.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.77g (5.54%), Phosphorus: 79.5mg (7.95%), Vitamin B2: 0.1mg (6.07%), Calcium: 56.99mg (5.7%), Vitamin B1: 0.07mg (4.93%), Magnesium: 15.35mg (3.84%), Vitamin B12: 0.23µg (3.79%), Iron: 0.65mg (3.64%), Potassium: 117.06mg (3.34%), Folate: 12.69µg (3.17%), Fiber: 0.7g (2.82%), Vitamin D: 0.4µg (2.68%), Vitamin B3: 0.5mg (2.48%), Manganese: 0.04mg (2.1%), Copper: 0.04mg (2.05%), Selenium: 1.33µg (1.9%), Zinc: 0.23mg (1.56%), Vitamin A: 70.39IU (1.41%), Vitamin B5: 0.14mg (1.39%), Vitamin B6: 0.03mg (1.33%)