



Chocolate Ribbon Pie

READY IN



270 min.

SERVINGS



8

CALORIES



266 kcal

DESSERT

Ingredients

- 1 9-inch chocolate cookie crumb crust prepared ()
- 4 ounces cream cheese softened
- 7.8 ounce chocolate pudding mix instant
- 2 cups milk
- 8 ounce non-dairy whipped topping frozen thawed
- 2 tablespoons sugar white

Equipment

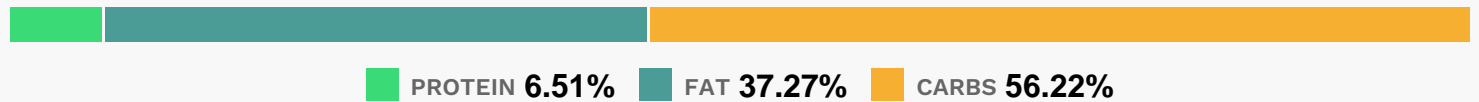
- bowl

whisk

Directions

- In a large bowl, combine cream cheese, 2 tablespoons sugar and 1 tablespoon milk. Beat until smooth. Gently fold in 1/2 of the whipped topping.
- Spread on the bottom of crust.
- In a large bowl, combine chocolate pudding mix with 2 cups milk. Beat with wire whisk for 2 minutes (mixture will be thick.)
- Spread over cream cheese layer. Refrigerate 4 hours or until set. Just before serving, spread remaining whipped topping over pudding layer.

Nutrition Facts



Properties

Glycemic Index:16.89, Glycemic Load:3.39, Inflammation Score:-3, Nutrition Score:4.4126086805178%

Nutrients (% of daily need)

Calories: 266.36kcal (13.32%), Fat: 11.1g (17.08%), Saturated Fat: 7.44g (46.47%), Carbohydrates: 37.69g (12.56%), Net Carbohydrates: 36.69g (13.34%), Sugar: 31.94g (35.49%), Cholesterol: 22.2mg (7.4%), Sodium: 483.75mg (21.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.37g (8.73%), Phosphorus: 117.83mg (11.78%), Calcium: 112.25mg (11.23%), Vitamin B2: 0.16mg (9.31%), Vitamin B12: 0.42µg (6.95%), Vitamin A: 310.17IU (6.2%), Potassium: 204.29mg (5.84%), Magnesium: 23.05mg (5.76%), Selenium: 3.77µg (5.38%), Manganese: 0.11mg (5.28%), Copper: 0.1mg (5.2%), Vitamin D: 0.67µg (4.47%), Fiber: 1g (3.99%), Zinc: 0.52mg (3.47%), Vitamin B5: 0.32mg (3.15%), Vitamin B1: 0.05mg (3.08%), Vitamin B6: 0.05mg (2.71%), Iron: 0.41mg (2.25%), Vitamin E: 0.31mg (2.09%), Vitamin K: 1.8µg (1.72%)