



Chocolate Ribbon Pie

READY IN



255 min.

SERVINGS



15

CALORIES



197 kcal

DESSERT

Ingredients

- 4 oz philadelphia cream cheese softened ()
- 7.8 oz jell-o chocolate flavor pudding instant
- 2 cups milk cold divided
- 6 oz oreo pie crust
- 2 Tbsp sugar
- 8 oz cool whip whipped topping divided thawed

Equipment

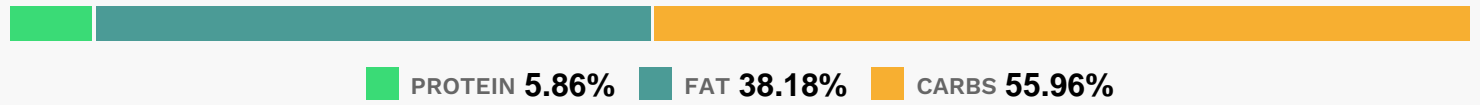
- bowl

whisk

Directions

- Beat cream cheese, sugar and 1 Tbsp. milk in medium bowl with whisk until blended. Stir in half the COOL WHIP; spread onto bottom of crust.
- Beat pudding mixes and remaining milk with whisk 2 min. (Pudding will be thick.) Spoon over cream cheese layer in crust.
- Refrigerate 4 hours or until firm. Top with remaining COOL WHIP just before serving.

Nutrition Facts



Properties

Glycemic Index:9.01, Glycemic Load:1.81, Inflammation Score:-2, Nutrition Score:2.8852174048838%

Nutrients (% of daily need)

Calories: 197.3kcal (9.86%), Fat: 8.41g (12.94%), Saturated Fat: 4.53g (28.31%), Carbohydrates: 27.73g (9.24%), Net Carbohydrates: 27g (9.82%), Sugar: 20.27g (22.52%), Cholesterol: 11.84mg (3.95%), Sodium: 315.16mg (13.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.9g (5.81%), Phosphorus: 78.4mg (7.84%), Vitamin B2: 0.11mg (6.26%), Calcium: 59.87mg (5.99%), Magnesium: 15.57mg (3.89%), Vitamin B1: 0.06mg (3.82%), Vitamin B12: 0.22µg (3.71%), Potassium: 122.82mg (3.51%), Vitamin A: 165.42IU (3.31%), Iron: 0.55mg (3.03%), Fiber: 0.73g (2.94%), Selenium: 2.01µg (2.87%), Manganese: 0.06mg (2.81%), Copper: 0.06mg (2.77%), Vitamin D: 0.36µg (2.39%), Folate: 9.51µg (2.38%), Zinc: 0.28mg (1.85%), Vitamin B3: 0.37mg (1.84%), Vitamin B5: 0.17mg (1.68%), Vitamin B6: 0.03mg (1.44%), Vitamin E: 0.17mg (1.11%)