



Cranberry-Walnut Cheesecake Pie

READY IN



260 min.

SERVINGS



20

CALORIES



169 kcal

Ingredients

- 6 oz ready-to-use graham cracker crumb crust
- 2 pkg jell-o cheesecake flavor pudding instant (4-serving size each)
- 1.3 cups milk cold
- 0.5 cup planters walnuts toasted chopped
- 8 oz cool whip whipped topping divided thawed
- 16 oz berry cranberry sauce whole divided canned

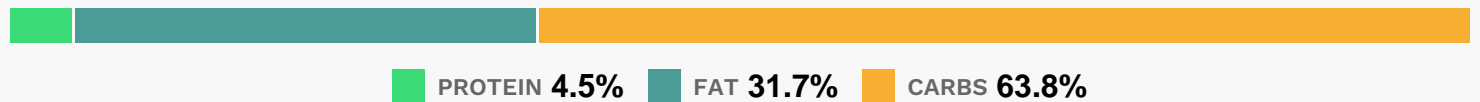
Equipment

- bowl
- whisk

Directions

- Pour milk into large bowl.
- Add dry pudding mixes. Beat with wire whisk 2 min. (
- Mixture will be thick.) Gently stir in half of the whipped topping.
- Spread half of the pudding mixture onto bottom of crust; cover with half of the cranberry sauce.
- Sprinkle with walnuts; cover with remaining pudding mixture.
- Refrigerate several hours or until set. Top with remaining whipped topping just before serving.
- Garnish with fresh cranberries, if desired.
- Serve with remaining cranberry sauce. Store leftover pie in refrigerator.

Nutrition Facts



Properties

Glycemic Index:2.9, Glycemic Load:0.31, Inflammation Score:-1, Nutrition Score:2.4900000276773%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 169.43kcal (8.47%), Fat: 6.02g (9.27%), Saturated Fat: 2.17g (13.57%), Carbohydrates: 27.28g (9.09%), Net Carbohydrates: 26.67g (9.7%), Sugar: 19.65g (21.84%), Cholesterol: 2.06mg (0.69%), Sodium: 188.59mg (8.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.92g (3.85%), Manganese: 0.22mg (11.18%), Phosphorus: 44.77mg (4.48%), Copper: 0.07mg (3.63%), Vitamin B2: 0.06mg (3.44%), Calcium: 32.82mg (3.28%), Vitamin E: 0.45mg (3.02%), Vitamin B1: 0.04mg (2.66%), Vitamin K: 2.66µg (2.53%), Fiber: 0.61g (2.43%), Magnesium: 9.65mg (2.41%), Iron: 0.41mg (2.28%), Folate: 8.96µg (2.24%), Zinc: 0.28mg (1.85%), Vitamin B6: 0.04mg (1.85%), Potassium: 63.19mg (1.81%), Vitamin B3: 0.36mg (1.78%), Vitamin B12: 0.1µg (1.75%), Selenium: 1.02µg (1.45%), Vitamin D: 0.17µg (1.12%)