

Creamy Dulce de Leche Pie

READY IN



80 min.

SERVINGS



20

CALORIES



156 kcal

DESSERT

Ingredients

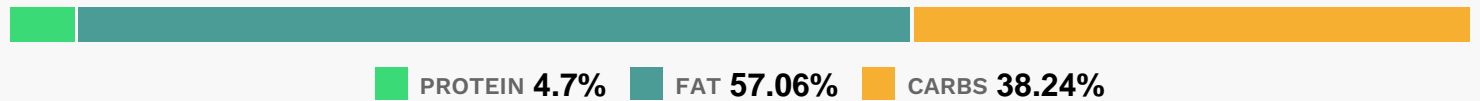
- 0.8 cup caramel ice cream topping divided
- 8 oz philadelphia cream cheese softened
- 6 oz ready-to-use graham cracker crumb crust
- 0.5 cup planters pecan pieces divided
- 1.4 oz chocolate-covered toffee bar english chopped
- 0.5 tsp cocoa powder unsweetened
- 8 oz cool whip whipped topping divided thawed

Equipment

Directions

- Spread 3 Tbsp. caramel topping onto bottom of crust; sprinkle with 1/3 cup pecans.
- Mix cream cheese and 1/2 cup of the remaining caramel topping until blended. Stir in 2 cups whipped topping and chopped candy. Spoon into crust.
- Top with remaining whipped topping and pecans. Sift cocoa powder over top.
- Drizzle with remaining caramel topping. Refrigerate 1 hour.

Nutrition Facts



Properties

Glycemic Index:1.85, Glycemic Load:0.18, Inflammation Score:-1, Nutrition Score:2.357391314662%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg

Nutrients (% of daily need)

Calories: 155.51kcal (7.78%), Fat: 10.11g (15.55%), Saturated Fat: 4.49g (28.07%), Carbohydrates: 15.24g (5.08%), Net Carbohydrates: 14.76g (5.37%), Sugar: 10.78g (11.98%), Cholesterol: 12.14mg (4.05%), Sodium: 119.66mg (5.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.87g (3.75%), Manganese: 0.24mg (11.93%), Phosphorus: 41.51mg (4.15%), Vitamin B2: 0.06mg (3.41%), Vitamin A: 169.92IU (3.4%), Copper: 0.06mg (2.79%), Calcium: 27.71mg (2.77%), Vitamin B1: 0.04mg (2.57%), Vitamin K: 2.55µg (2.43%), Selenium: 1.69µg (2.41%), Vitamin E: 0.35mg (2.36%), Zinc: 0.3mg (2%), Folate: 7.67µg (1.92%), Fiber: 0.48g (1.91%), Magnesium: 7.62mg (1.9%), Iron: 0.32mg (1.76%), Vitamin B3: 0.33mg (1.64%), Potassium: 53.18mg (1.52%), Vitamin B5: 0.12mg (1.17%), Vitamin B12: 0.06µg (1.05%), Vitamin B6: 0.02mg (1.04%)