



Double-Chocolate Pie

READY IN



250 min.

SERVINGS



8

CALORIES



202 kcal

Ingredients

- 8 oz cool whip free whipped topping divided thawed
- 2 cups milk fat-free cold divided
- 6 oz ready-to-use graham cracker crumb crust reduced-fat
- 1 oz jell-o chocolate flavor pudding fat free white sugar free instant
- 1.4 oz jell-o chocolate flavor pudding fat free sugar free instant

Equipment

- whisk

Directions

- Beat chocolate pudding mix and 1 cup milk with whisk 2 min. (Pudding will be thick.) Stir in half the COOL WHIP; spread onto bottom of crust.
- Repeat with white chocolate pudding mix, remaining milk and COOL WHIP; spread over pudding layer in crust.
- Refrigerate 4 hours or until firm.

Nutrition Facts



Properties

Glycemic Index:4.16, Glycemic Load:1, Inflammation Score:-2, Nutrition Score:6.032173871994%

Nutrients (% of daily need)

Calories: 201.74kcal (10.09%), Fat: 6.9g (10.62%), Saturated Fat: 1.98g (12.35%), Carbohydrates: 31.23g (10.41%), Net Carbohydrates: 30.41g (11.06%), Sugar: 17.25g (19.17%), Cholesterol: 6.37mg (2.12%), Sodium: 267.2mg (11.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.23g (8.46%), Vitamin B2: 0.31mg (17.98%), Manganese: 0.31mg (15.33%), Vitamin B12: 0.77µg (12.91%), Calcium: 118.65mg (11.87%), Phosphorus: 115.82mg (11.58%), Vitamin B1: 0.12mg (7.75%), Potassium: 177mg (5.06%), Folate: 20.12µg (5.03%), Vitamin K: 4.85µg (4.62%), Magnesium: 18.34mg (4.58%), Zinc: 0.68mg (4.55%), Vitamin D: 0.67µg (4.49%), Vitamin B3: 0.88mg (4.4%), Vitamin B6: 0.09mg (4.38%), Copper: 0.08mg (4.21%), Selenium: 2.84µg (4.06%), Iron: 0.67mg (3.73%), Vitamin A: 174.77IU (3.5%), Fiber: 0.82g (3.29%), Vitamin E: 0.42mg (2.83%), Vitamin B5: 0.26mg (2.59%)