



Double Chocolate Pudding Pie

READY IN



45 min.

SERVINGS



16

CALORIES



151 kcal

DESSERT

Ingredients

- 1.4 ounce jell-o vanilla flavor pudding fat-free sugar-free instant
- 2 cups skim milk fat-free divided
- 12 ounce graham crackers reduced-fat
- 8 ounce non-dairy whipped topping frozen thawed reduced-calorie
- 1 ounce chocolate fat-free white sugar-free instant

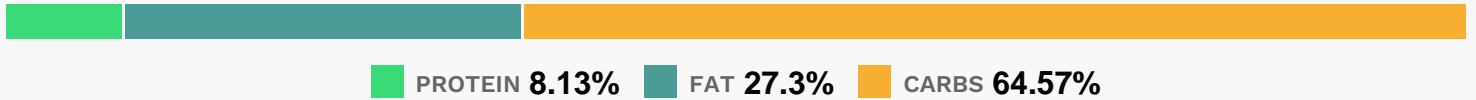
Equipment

- blender

Directions

- Beat chocolate pudding mix and 1 cup milk with a mixer at medium–high speed for 3 minutes or until thickened. Gently fold in half of whipped topping.
- Divide chocolate pudding mixture in half, and pour evenly into 2 graham cracker crusts. Repeat procedure with white chocolate pudding mix, remaining 1 cup milk, and remaining half of whipped topping. Divide mixture in half; pour over chocolate pudding mixture in both crusts. Cover and chill 3 hours or until set.
- Tip: This recipe makes two pies, so you can freeze one for later. It's good frozen, or you can thaw it in the refrigerator overnight.

Nutrition Facts



Properties

Glycemic Index:11.08, Glycemic Load:12.68, Inflammation Score:-1, Nutrition Score:2.9286956348983%

Nutrients (% of daily need)

Calories: 151.27kcal (7.56%), Fat: 4.59g (7.06%), Saturated Fat: 2.29g (14.34%), Carbohydrates: 24.41g (8.14%), Net Carbohydrates: 23.67g (8.61%), Sugar: 12.8g (14.22%), Cholesterol: 1.57mg (0.52%), Sodium: 180.23mg (7.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.07g (6.15%), Phosphorus: 89.38mg (8.94%), Calcium: 70.94mg (7.09%), Vitamin B2: 0.11mg (6.42%), Iron: 0.9mg (4.99%), Vitamin B1: 0.07mg (4.64%), Magnesium: 17.42mg (4.36%), Vitamin B3: 0.87mg (4.34%), Zinc: 0.58mg (3.85%), Vitamin B12: 0.22µg (3.6%), Potassium: 108.66mg (3.1%), Fiber: 0.74g (2.97%), Folate: 10.94µg (2.74%), Vitamin D: 0.34µg (2.25%), Vitamin B6: 0.04mg (2.14%), Selenium: 1.05µg (1.51%), Vitamin A: 73.5IU (1.47%), Vitamin B5: 0.12mg (1.2%)