



Double Layer Chocolate Pie

READY IN



45 min.

SERVINGS



8

CALORIES



1071 kcal

DESSERT

Ingredients

- ☐ 9 inch graham cracker crust prepared
- ☐ 2.8 ounce chocolate pudding mix fat-free instant
- ☐ 0.5 cup neufchâtel cheese
- ☐ 1 tablespoon skim milk
- ☐ 1.5 cups lite whipped topping frozen
- ☐ 1 tablespoon sugar white

Equipment

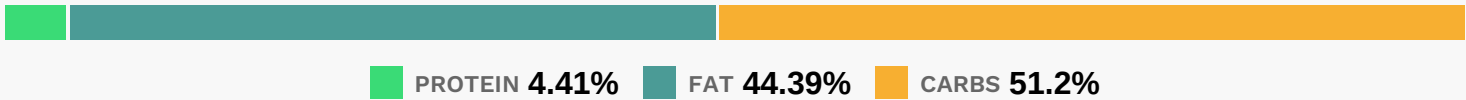
- ☐ bowl

☐ hand mixer

Directions

- ☐ Combine 1 1/2 cups milk and pudding mix in a bowl. Beat with an electric mixer until thick.
- ☐ Spread pudding into pie crust.
- ☐ Beat Neufchatel cream cheese, sugar, and 1 tablespoon milk with an electric mixer until smooth. Fold in whipped topping.
- ☐ Spread over chocolate pudding.
- ☐ Sprinkle with grated chocolate. Cover, and chill for at least 3 hours.

Nutrition Facts



Properties

Glycemic Index:16.29, Glycemic Load:1.22, Inflammation Score:-5, Nutrition Score:19.329565370212%

Nutrients (% of daily need)

Calories: 1070.99kcal (53.55%), Fat: 52.84g (81.29%), Saturated Fat: 13.13g (82.03%), Carbohydrates: 137.13g (45.71%), Net Carbohydrates: 133.14g (48.41%), Sugar: 46.73g (51.92%), Cholesterol: 11.28mg (3.76%), Sodium: 1102.87mg (47.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.82g (23.64%), Manganese: 2.5mg (124.98%), Vitamin K: 42.54µg (40.52%), Folate: 127.14µg (31.78%), Vitamin B3: 6.23mg (31.14%), Iron: 5.13mg (28.53%), Vitamin B2: 0.45mg (26.54%), Phosphorus: 263.72mg (26.37%), Vitamin E: 3.67mg (24.5%), Vitamin B1: 0.36mg (24%), Copper: 0.47mg (23.36%), Zinc: 2.6mg (17.31%), Fiber: 3.99g (15.96%), Magnesium: 51.14mg (12.79%), Selenium: 6.05µg (8.64%), Calcium: 86.43mg (8.64%), Potassium: 279.37mg (7.98%), Vitamin B6: 0.16mg (7.83%), Vitamin B5: 0.43mg (4.35%), Vitamin A: 140.5IU (2.81%), Vitamin B12: 0.08µg (1.39%)