



Double-Layer Pie

READY IN



255 min.

SERVINGS



15

CALORIES



196 kcal

DESSERT

Ingredients

- 4 oz philadelphia cream cheese softened ()
- 6 oz ready-to-use graham cracker crumb crust
- 7.8 oz jell-o chocolate flavor pudding instant
- 1 Tbsp milk cold
- 2 cups milk cold
- 1 Tbsp sugar
- 8 oz cool whip whipped topping divided thawed

Equipment

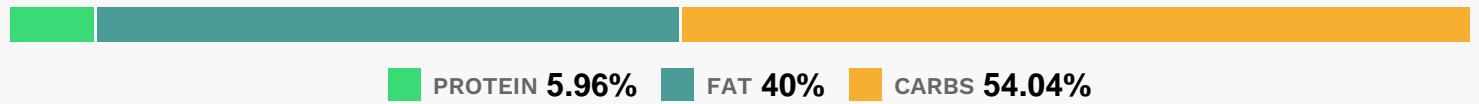
bowl

whisk

Directions

- Beat cream cheese, 1 Tbsp. milk and sugar in large bowl with whisk until blended. Stir in 1-1/2 cups COOL WHIP; spread onto bottom of crust.
- Beat pudding mixes and 2 cups milk in separate large bowl with whisk 2 min. (Pudding will be thick.) Immediately stir in remaining COOL WHIP; spread over cream cheese layer in crust.
- Refrigerate 4 hours or until firm.

Nutrition Facts



Properties

Glycemic Index:11.54, Glycemic Load:1.27, Inflammation Score:-2, Nutrition Score:3.5108695133873%

Nutrients (% of daily need)

Calories: 196.06kcal (9.8%), Fat: 8.75g (13.46%), Saturated Fat: 4.55g (28.42%), Carbohydrates: 26.6g (8.87%), Net Carbohydrates: 25.85g (9.4%), Sugar: 18.32g (20.36%), Cholesterol: 11.96mg (3.99%), Sodium: 311.45mg (13.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.94g (5.87%), Manganese: 0.2mg (10.11%), Phosphorus: 77.03mg (7.7%), Vitamin B2: 0.11mg (6.45%), Calcium: 64.38mg (6.44%), Copper: 0.08mg (4.04%), Vitamin B12: 0.23µg (3.8%), Magnesium: 15mg (3.75%), Potassium: 123.17mg (3.52%), Vitamin A: 167.16IU (3.34%), Selenium: 2.32µg (3.31%), Vitamin K: 3.44µg (3.27%), Vitamin B1: 0.05mg (3.06%), Fiber: 0.75g (2.98%), Iron: 0.51mg (2.83%), Zinc: 0.42mg (2.82%), Vitamin E: 0.38mg (2.52%), Vitamin D: 0.37µg (2.46%), Vitamin B3: 0.46mg (2.28%), Folate: 8.95µg (2.24%), Vitamin B5: 0.19mg (1.92%), Vitamin B6: 0.04mg (1.91%)