



## Dream Pie

READY IN



250 min.

SERVINGS



10

CALORIES



217 kcal

## Ingredients

- 7.8 oz jell-o chocolate flavor pudding instant
- 2.8 cups milk cold divided
- 1 9-inch baked pie crust cooled ()
- 1 tsp vanilla
- 2 env. dream whip whipped topping mix

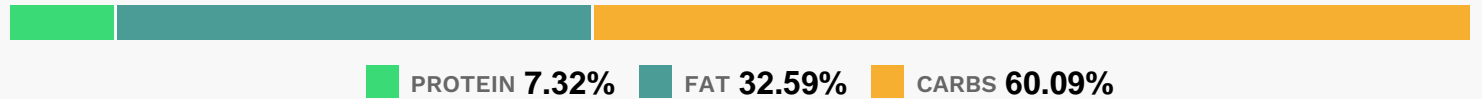
## Equipment

- bowl
- blender

## Directions

- Beat whipped topping mix, 1 cup milk and vanilla in large bowl with mixer on high speed 6 min. or until soft peaks form.
- Add remaining milk and dry pudding mixes; beat on low speed until blended. Beat on high speed 2 min., stopping occasionally to scrape bottom and side of bowl. Spoon into crust.
- Refrigerate 4 hours or until firm.

## Nutrition Facts



## Properties

Glycemic Index:3.8, Glycemic Load:1.19, Inflammation Score:-2, Nutrition Score:4.4852173872616%

## Nutrients (% of daily need)

Calories: 216.9kcal (10.85%), Fat: 7.81g (12.01%), Saturated Fat: 3.08g (19.28%), Carbohydrates: 32.39g (10.8%), Net Carbohydrates: 31.1g (11.31%), Sugar: 18.33g (20.37%), Cholesterol: 8.06mg (2.69%), Sodium: 423.47mg (18.41%), Alcohol: 0.14g (100%), Alcohol %: 0.17% (100%), Protein: 3.95g (7.9%), Phosphorus: 98.27mg (9.83%), Calcium: 89.17mg (8.92%), Manganese: 0.17mg (8.66%), Vitamin B2: 0.14mg (8.2%), Vitamin B1: 0.09mg (6.32%), Vitamin B12: 0.36µg (6.05%), Magnesium: 21.07mg (5.27%), Fiber: 1.3g (5.18%), Potassium: 173.06mg (4.94%), Vitamin D: 0.74µg (4.92%), Copper: 0.09mg (4.71%), Iron: 0.81mg (4.48%), Selenium: 2.97µg (4.25%), Folate: 14.67µg (3.67%), Vitamin B5: 0.34mg (3.37%), Zinc: 0.5mg (3.35%), Vitamin B3: 0.66mg (3.32%), Vitamin B6: 0.05mg (2.69%), Vitamin A: 109.05IU (2.18%), Vitamin K: 2µg (1.9%)