



Fantastic Pie

READY IN



160 min.

SERVINGS



8

CALORIES



646 kcal

DESSERT

Ingredients

- ☐ 0.7 cup butter softened
- ☐ 1.5 cups confectioners' sugar
- ☐ 8 ounce cream cheese softened
- ☐ 1.3 cups flour all-purpose
- ☐ 5 ounce lemon pudding mix instant
- ☐ 3 cups milk cold
- ☐ 0.8 cup pecans chopped
- ☐ 1.5 cups nondairy whipped topping
- ☐ 1.5 cups non-dairy whipped topping frozen

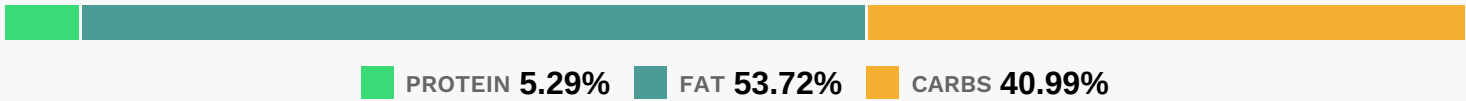
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ pie form

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a medium bowl, mix together flour, softened butter, and 3/4 cup chopped nuts until a soft dough forms. Press dough into bottom and sides of a 9 inch deep-dish pie pan.
- ☐ Bake in preheated oven for 30 minutes. Allow to cool completely.
- ☐ In a medium mixing bowl, beat together softened cream cheese and confectioners' sugar until fluffy. Fold in 1 1/2 cups nondairy whipped topping.
- ☐ Spread mixture into cooled crust.
- ☐ In a medium bowl, whisk together pudding mix and cold milk until smooth. Allow to set up 5 minutes, then spread over cream cheese layer. Top with remaining whipped topping and sprinkle with remaining nuts. Refrigerate at least 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:12.88, Inflammation Score:-6, Nutrition Score:10.792173920118%

Flavonoids

Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg Delphinidin: 0.74mg, Delphinidin: 0.74mg, Delphinidin: 0.74mg, Delphinidin: 0.74mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate:

0.23mg

Nutrients (% of daily need)

Calories: 646.3kcal (32.32%), Fat: 39.34g (60.53%), Saturated Fat: 20.99g (131.2%), Carbohydrates: 67.53g (22.51%), Net Carbohydrates: 66.01g (24%), Sugar: 34.58g (38.42%), Cholesterol: 80.85mg (26.95%), Sodium: 356.17mg (15.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.72g (17.44%), Manganese: 0.61mg (30.26%), Vitamin A: 1028.23IU (20.56%), Vitamin B2: 0.34mg (20.09%), Phosphorus: 198.03mg (19.8%), Vitamin B1: 0.29mg (19.07%), Selenium: 12.38µg (17.69%), Calcium: 175.75mg (17.57%), Vitamin B12: 0.64µg (10.75%), Folate: 41.95µg (10.49%), Magnesium: 33.25mg (8.31%), Copper: 0.17mg (8.27%), Zinc: 1.17mg (7.78%), Potassium: 271.75mg (7.76%), Vitamin B3: 1.43mg (7.17%), Iron: 1.27mg (7.06%), Vitamin B5: 0.7mg (7.03%), Vitamin E: 1.02mg (6.83%), Vitamin D: 1.01µg (6.71%), Fiber: 1.53g (6.1%), Vitamin B6: 0.11mg (5.44%), Vitamin K: 3.51µg (3.34%)