



WHATShEATE



Frozen Chocolate-Raspberry Pie

READY IN



205 min.

SERVINGS



8

CALORIES



362 kcal

Ingredients

- ☐ 4 cups pineapple sherbet
- ☐ 1 cup topping hot warmed
- ☐ 6 oz chocolate pie crust
- ☐ 1 cup cool whip frozen thawed
- ☐ 0.5 cup raspberries fresh

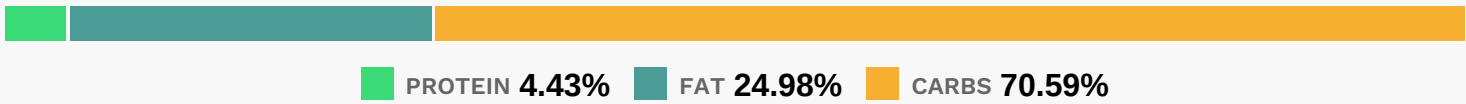
Equipment

- ☐ bowl
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Let container of sherbet stand at room temperature about 15 minutes to soften. Spoon and spread 1/2 cup of the fudge topping carefully in bottom of crumb crust; place in freezer for 15 minutes to set.
- ☐ Place remaining 1/2 cup fudge topping in small microwavable bowl; refrigerate until serving time.
- ☐ Spoon and spread sherbet over fudge topping in crust. Cover with plastic wrap; freeze 3 hours.
- ☐ To serve, microwave fudge topping on High 10 to 15 seconds or until thin enough to drizzle.
- ☐ Garnish individual servings with dollop of whipped topping, drizzle of fudge topping and several fresh raspberries.

Nutrition Facts



Properties

Glycemic Index:9.63, Glycemic Load:11.09, Inflammation Score:-2, Nutrition Score:5.6130434274673%

Flavonoids

Cyanidin: 3.43mg, Cyanidin: 3.43mg, Cyanidin: 3.43mg, Cyanidin: 3.43mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 361.61kcal (18.08%), Fat: 10.07g (15.49%), Saturated Fat: 3.7g (23.15%), Carbohydrates: 64.03g (21.34%), Net Carbohydrates: 61.1g (22.22%), Sugar: 39.14g (43.49%), Cholesterol: 2.62mg (0.87%), Sodium: 280.14mg (12.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.02g (8.04%), Vitamin B2: 0.21mg (12.28%), Fiber: 2.93g (11.73%), Phosphorus: 104.35mg (10.44%), Manganese: 0.2mg (9.97%), Magnesium: 32.73mg (8.18%), Copper: 0.16mg (8.07%), Vitamin B1: 0.11mg (7.39%), Vitamin E: 1.08mg (7.2%), Iron: 1.27mg (7.07%), Calcium: 70.58mg

(7.06%), Potassium: 226.56mg (6.47%), Folate: 22.53µg (5.63%), Zinc: 0.73mg (4.87%), Vitamin C: 3.74mg (4.54%),
Vitamin B12: 0.26µg (4.3%), Vitamin B3: 0.74mg (3.71%), Selenium: 2.28µg (3.26%), Vitamin B5: 0.24mg (2.36%),
Vitamin B6: 0.04mg (2.01%), Vitamin K: 1.56µg (1.49%), Vitamin A: 53.68IU (1.07%)