



Frozen Peppermint Pudding Pie

READY IN



370 min.

SERVINGS



10

CALORIES



209 kcal

Ingredients

- 6 oz chocolate cookie crust
- 10 servings christmas colored sprinkles
- 1.5 cups milk fat-free
- 3.4 oz jell-o vanilla flavor pudding instant
- 0.5 tsp peppermint extract
- 2 cups cool whip whipped topping thawed

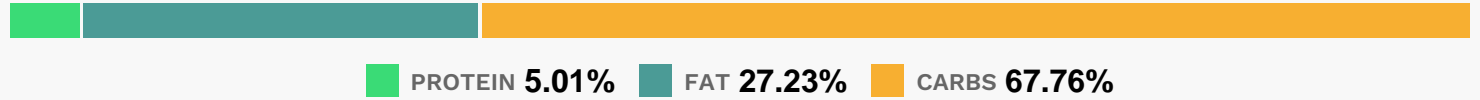
Equipment

- bowl
- whisk

Directions

- COMBINE the milk, pudding, and extract in a small bowl and whisk well. Then, whisk the mixture into the COOL WHIP.
- POUR the mixture into the cookie crust and top with sprinkles.
- FREEZE the pie for at least 6 hours.

Nutrition Facts



Properties

Glycemic Index:3.33, Glycemic Load:0.6, Inflammation Score:-1, Nutrition Score:2.3717391306291%

Nutrients (% of daily need)

Calories: 208.88kcal (10.44%), Fat: 6.3g (9.7%), Saturated Fat: 3.05g (19.08%), Carbohydrates: 35.29g (11.76%), Net Carbohydrates: 34.93g (12.7%), Sugar: 27.05g (30.06%), Cholesterol: 1.4mg (0.47%), Sodium: 173.33mg (7.54%), Alcohol: 0.07g (100%), Alcohol %: 0.1% (100%), Protein: 2.61g (5.21%), Phosphorus: 74.1mg (7.41%), Calcium: 59.67mg (5.97%), Vitamin B2: 0.1mg (5.66%), Vitamin B1: 0.07mg (4.86%), Vitamin B12: 0.24µg (4.05%), Folate: 13.09µg (3.27%), Iron: 0.52mg (2.89%), Potassium: 99.68mg (2.85%), Vitamin D: 0.4µg (2.69%), Magnesium: 10.42mg (2.6%), Vitamin B3: 0.48mg (2.38%), Vitamin A: 86.07IU (1.72%), Selenium: 1.18µg (1.69%), Fiber: 0.36g (1.46%), Vitamin B5: 0.13mg (1.31%), Zinc: 0.18mg (1.22%), Vitamin B6: 0.02mg (1.22%)