



Gluten-Free Tuesday: S'More Pie

READY IN



45 min.

SERVINGS



8

CALORIES



373 kcal

DESSERT

Ingredients

- ☐ 4 Tablespoons butter melted
- ☐ 3.4 ounce chocolate pudding according to directions chilled homemade prepared for pie filling ()
- ☐ 1.3 cups graham cracker crumbs gluten-free
- ☐ 2 Tablespoons granulated sugar
- ☐ 3.9 box chocolate pudding generous leftover instant
- ☐ 1.5 cups marshmallows (approximately)

Equipment

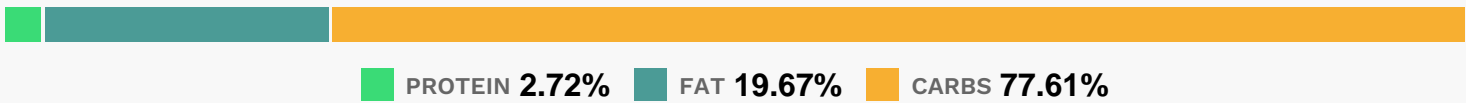
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ broiler
- ☐ pie form

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ In a small bowl, combine the graham cracker crumbs, melted butter and sugar.
- ☐ Stir until the crumbs are damp and hold together.
- ☐ Transfer the crumbs to a 9-inch pie pan.
- ☐ Using the back of a spoon, press the crumbs into the bottom of the pan and up the sides.
- ☐ Bake for 10-12 minutes or until golden brown.
- ☐ Remove from the oven, place on a wire rack and allow to cool.
- ☐ Spoon the chilled pudding into the baked pie crust.
- ☐ Cover the top with mini-marshmallows.
- ☐ Preheat your broiler and toast the marshmallows under the broiler.
- ☐ Serve and enjoy. Store any leftover pie in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:31.82, Glycemic Load:14.24, Inflammation Score:-2, Nutrition Score:3.8839130790337%

Nutrients (% of daily need)

Calories: 373.36kcal (18.67%), Fat: 8.22g (12.65%), Saturated Fat: 4.31g (26.92%), Carbohydrates: 73.01g (24.34%), Net Carbohydrates: 70.41g (25.6%), Sugar: 51.55g (57.28%), Cholesterol: 15.05mg (5.02%), Sodium: 985.75mg (42.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.12mg (1.37%), Protein: 2.56g (5.12%), Copper: 0.22mg (11.09%), Manganese: 0.22mg (10.84%), Fiber: 2.6g (10.42%), Magnesium: 35.07mg (8.77%), Iron: 1.36mg (7.57%), Phosphorus: 73.08mg (7.31%), Potassium: 165.87mg (4.74%), Zinc: 0.65mg (4.31%), Vitamin B2: 0.07mg

(4.06%), Vitamin A: 174.93IU (3.5%), Vitamin B3: 0.68mg (3.39%), Vitamin B1: 0.04mg (2.55%), Selenium: 1.72µg (2.46%), Folate: 8.51µg (2.13%), Calcium: 20.11mg (2.01%), Vitamin E: 0.2mg (1.36%), Vitamin K: 1.37µg (1.31%), Vitamin B6: 0.02mg (1.08%)