



Graham Cracker Pudding Pie

 Vegetarian

READY IN



255 min.

SERVINGS



12

CALORIES



323 kcal

Ingredients

- ☐ 16 ounce graham crackers
- ☐ 10 ounce non-instant chocolate pudding mix
- ☐ 6 cups milk

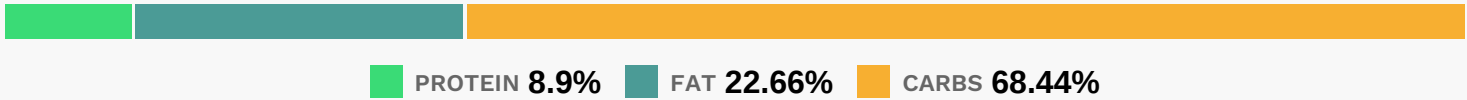
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐
- Combine pudding mix and milk in a large saucepan. Prepare according to package directions.
- ☐
- Cover the bottom of a 9x13 inch pan with a layer of graham crackers.
- ☐
- Pour hot pudding mixture over graham cracker layer. Cover pudding with another layer of graham crackers. Chill at least 4 hours before serving.
- ☐
- Garnish with whipped cream and crushed graham crackers.

Nutrition Facts



Properties

Glycemic Index:9.33, Glycemic Load:22.53, Inflammation Score:-3, Nutrition Score:7.6830434669619%

Nutrients (% of daily need)

Calories: 322.77kcal (16.14%), Fat: 8.13g (12.51%), Saturated Fat: 3.05g (19.09%), Carbohydrates: 55.27g (18.42%), Net Carbohydrates: 53.13g (19.32%), Sugar: 30.59g (33.99%), Cholesterol: 14.64mg (4.88%), Sodium: 633.05mg (27.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.19g (14.37%), Phosphorus: 216.58mg (21.66%), Calcium: 182.76mg (18.28%), Vitamin B2: 0.27mg (16%), Magnesium: 47.57mg (11.89%), Vitamin B12: 0.66µg (10.98%), Vitamin B1: 0.16mg (10.46%), Iron: 1.87mg (10.37%), Zinc: 1.38mg (9.2%), Vitamin D: 1.34µg (8.95%), Potassium: 305.66mg (8.73%), Fiber: 2.14g (8.54%), Vitamin B3: 1.61mg (8.06%), Vitamin B6: 0.12mg (5.75%), Copper: 0.1mg (4.81%), Vitamin B5: 0.46mg (4.61%), Manganese: 0.09mg (4.58%), Folate: 18.1µg (4.52%), Selenium: 2.91µg (4.16%), Vitamin A: 197.64IU (3.95%)