



Grasshopper Pudding Pie

READY IN



375 min.

SERVINGS



8

CALORIES



105 kcal

Ingredients

- 4 chocolate wafers such as nabisco famous divided
- 1.5 cups milk fat-free cold
- 1 oz jell-o pistachio flavor pudding fat free sugar free instant
- 0.3 tsp peppermint extract
- 1 oz baker's semi-sweet chocolate finely chopped
- 2 cups cool whip lite whipped topping thawed

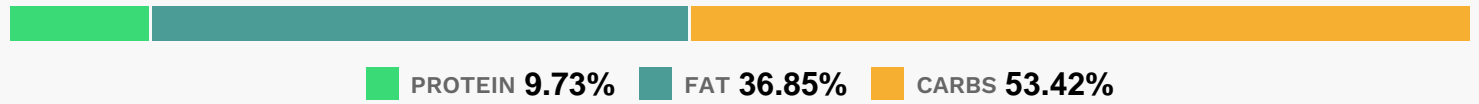
Equipment

- bowl
- whisk

Directions

- Crush 2 wafers; sprinkle onto bottom of 9-inch pie plate sprayed with cooking spray.
- Beat pudding mix, milk and extract in large bowl with whisk 2 min. Stir in COOL WHIP and chopped chocolate; spoon over wafer crumbs in pie plate. Top with remaining wafers, cut into quarters.
- Freeze 6 hours or until firm.
- Remove pie from freezer 10 min. before serving; let stand at room temperature to soften slightly before cutting to serve.

Nutrition Facts



Properties

Glycemic Index:10.34, Glycemic Load:1.78, Inflammation Score:-1, Nutrition Score:2.8582608699799%

Nutrients (% of daily need)

Calories: 104.86kcal (5.24%), Fat: 4.3g (6.61%), Saturated Fat: 3.06g (19.15%), Carbohydrates: 14.02g (4.67%), Net Carbohydrates: 13.63g (4.96%), Sugar: 12.48g (13.86%), Cholesterol: 2.03mg (0.68%), Sodium: 101.17mg (4.4%), Alcohol: 0.05g (100%), Alcohol %: 0.08% (100%), Caffeine: 3.35mg (1.12%), Protein: 2.55g (5.11%), Phosphorus: 101.19mg (10.12%), Calcium: 77.52mg (7.75%), Vitamin B12: 0.31µg (5.23%), Vitamin B2: 0.09mg (5.17%), Magnesium: 14.7mg (3.68%), Potassium: 122.67mg (3.5%), Manganese: 0.07mg (3.48%), Vitamin D: 0.51µg (3.37%), Copper: 0.06mg (3.21%), Selenium: 1.86µg (2.66%), Vitamin B1: 0.04mg (2.45%), Zinc: 0.35mg (2.36%), Vitamin A: 109.79IU (2.2%), Iron: 0.36mg (2.02%), Vitamin B5: 0.19mg (1.87%), Vitamin B6: 0.03mg (1.66%), Fiber: 0.39g (1.54%)