

Holiday Praline Delite Pie

READY IN



45 min.

SERVINGS



8

CALORIES



450 kcal

DESSERT

Ingredients

- 0.3 cup brown sugar packed
- 0.3 cup butter
- 5 ounce vanilla pudding instant
- 3 cups milk
- 0.5 cup pecans chopped
- 19-inch pie crust dough ()
- 8 ounce non-dairy whipped topping frozen thawed

Equipment

sauce pan

oven

Directions

Heat butter or margarine with brown sugar and nuts in a saucepan until melted.

Spread in the bottom of the baked pie shell.

Bake at 450 degrees F (230 degrees C) for 5 minutes. Cool.

Prepare vanilla pudding mix with milk as directed for a pie; cool for 5 minutes, stirring occasionally. Measure 1 cup, cover with waxed paper, and chill thoroughly.

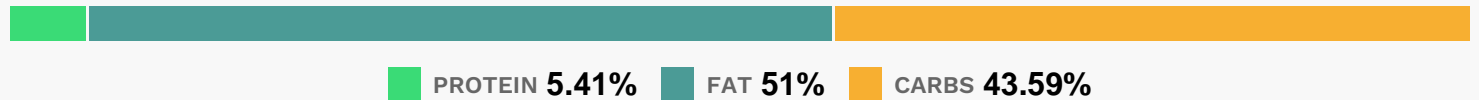
Pour remainder into pie shell. Chill.

Fold 1/3 cup whipped topping into the 1 cup reserved pudding.

Spread over nuts in pie shell. Chill.

Garnish with remaining whipped topping and chopped pecans.

Nutrition Facts



Properties

Glycemic Index:12.25, Glycemic Load:1.66, Inflammation Score:-4, Nutrition Score:7.3443477503631%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg

Nutrients (% of daily need)

Calories: 449.53kcal (22.48%), Fat: 25.81g (39.7%), Saturated Fat: 12.24g (76.52%), Carbohydrates: 49.63g (16.54%), Net Carbohydrates: 48.25g (17.54%), Sugar: 34.32g (38.13%), Cholesterol: 31.88mg (10.63%), Sodium: 333.33mg (14.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.16g (12.32%), Manganese: 0.43mg (21.4%), Phosphorus: 153.26mg (15.33%), Calcium: 152.96mg (15.3%), Vitamin B2: 0.21mg (12.27%), Vitamin B1: 0.17mg (11.41%), Vitamin B12: 0.57µg (9.45%), Vitamin A: 409.64IU (8.19%), Potassium: 236.07mg (6.74%), Vitamin D: 1.01µg (6.71%), Magnesium: 25.97mg (6.49%), Selenium: 4.47µg (6.38%), Copper: 0.11mg (5.61%), Zinc: 0.84mg (5.6%),

Fiber: 1.39g (5.54%), Vitamin B5: 0.52mg (5.24%), Iron: 0.93mg (5.18%), Folate: 20.22µg (5.06%), Vitamin B6: 0.09mg (4.62%), Vitamin B3: 0.89mg (4.47%), Vitamin E: 0.62mg (4.12%), Vitamin K: 3.91µg (3.72%)