



## Homemade Chocolate Pie

READY IN



245 min.

SERVINGS



5

CALORIES



321 kcal

### Ingredients

- 2 pkg jell-o chocolate flavor pudding instant (4-serving size each)
- 1.8 cups milk cold
- 6 oz oreo pie crust
- 8 oz cool whip whipped topping thawed

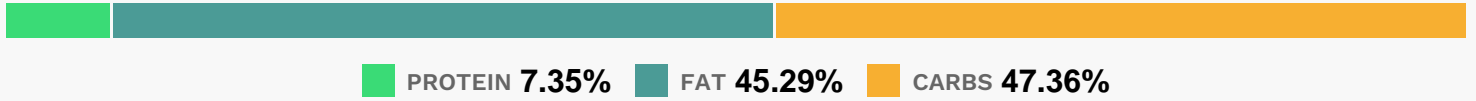
### Equipment

- bowl
- whisk

### Directions

- Pour milk into large bowl.
- Add dry pudding mixes. Beat with wire whisk 2 min. (
- Mixture will be thick.) Gently stir in whipped topping.
- Spoon into crust.
- Refrigerate 4 hours or until set. Store leftover pie in refrigerator.

## Nutrition Facts



### Properties

Glycemic Index:7.6, Glycemic Load:1.52, Inflammation Score:-2, Nutrition Score:5.2730434336092%

### Nutrients (% of daily need)

Calories: 321.05kcal (16.05%), Fat: 16.18g (24.9%), Saturated Fat: 8.42g (52.61%), Carbohydrates: 38.08g (12.69%), Net Carbohydrates: 37.45g (13.62%), Sugar: 24.85g (27.61%), Cholesterol: 11.16mg (3.72%), Sodium: 243.31mg (10.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.91g (11.81%), Phosphorus: 167.05mg (16.71%), Calcium: 137.3mg (13.73%), Vitamin B2: 0.23mg (13.25%), Vitamin B1: 0.16mg (10.37%), Vitamin B12: 0.55µg (9.2%), Folate: 25.19µg (6.3%), Vitamin D: 0.94µg (6.26%), Potassium: 216.7mg (6.19%), Magnesium: 23.47mg (5.87%), Iron: 1.04mg (5.8%), Vitamin B3: 0.97mg (4.85%), Selenium: 2.72µg (3.89%), Vitamin A: 171.91IU (3.44%), Vitamin B5: 0.32mg (3.19%), Vitamin B6: 0.06mg (3.06%), Zinc: 0.4mg (2.65%), Fiber: 0.63g (2.51%), Vitamin E: 0.27mg (1.8%), Vitamin K: 1.71µg (1.63%)