



Ice Cream Shop Pie

READY IN



375 min.

SERVINGS



15

CALORIES



108 kcal

Ingredients

- 6 oz ready-to-use graham cracker crumb crust
- 1 pkg jell-o pudding instant (4-serving size)
- 1 cup milk cold
- 1.5 cups cool whip whipped topping thawed

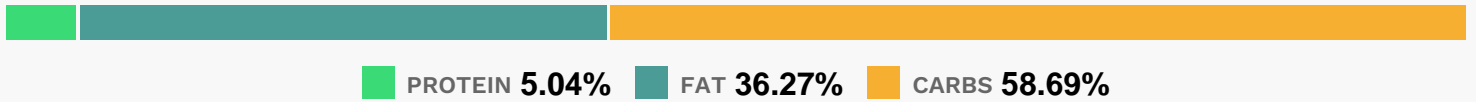
Equipment

- bowl
- whisk

Directions

- Pour milk into large bowl.
- Add dry pudding mix. Beat with wire whisk 2 min. Gently stir in whipped topping. Spoon into crust.
- Freeze 6 hours or until firm.
- Remove pie from freezer 15 min. before serving.
- Let stand at room temperature or place in refrigerator until pie can be cut easily.
- Garnish as desired. Store leftovers in freezer.

Nutrition Facts



Properties

Glycemic Index:2.53, Glycemic Load:0.29, Inflammation Score:-1, Nutrition Score:1.8243478510691%

Nutrients (% of daily need)

Calories: 107.63kcal (5.38%), Fat: 4.34g (6.68%), Saturated Fat: 1.72g (10.77%), Carbohydrates: 15.81g (5.27%), Net Carbohydrates: 15.55g (5.66%), Sugar: 9.68g (10.76%), Cholesterol: 2.1mg (0.7%), Sodium: 105.63mg (4.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.36g (2.71%), Manganese: 0.15mg (7.36%), Phosphorus: 35.37mg (3.54%), Vitamin B2: 0.05mg (3.19%), Calcium: 28.94mg (2.89%), Vitamin K: 2.76µg (2.63%), Vitamin B1: 0.03mg (2.1%), Vitamin B3: 0.39mg (1.95%), Folate: 7.6µg (1.9%), Iron: 0.31mg (1.71%), Vitamin B12: 0.1µg (1.71%), Vitamin E: 0.26mg (1.7%), Zinc: 0.22mg (1.45%), Copper: 0.03mg (1.38%), Potassium: 46.07mg (1.32%), Magnesium: 5.09mg (1.27%), Selenium: 0.84µg (1.2%), Vitamin D: 0.18µg (1.19%), Fiber: 0.25g (1.02%)