



## Kansas City Mud Pie

READY IN



245 min.

SERVINGS



5

CALORIES



1125 kcal

DESSERT

### Ingredients

- 0.3 cup butter melted
- 16 oz philadelphia cream cheese softened
- 0.8 cup flour
- 7.8 oz jell-o chocolate flavor pudding instant
- 2.7 cups milk cold
- 1.3 cups planters pecans finely chopped
- 1.5 cups powdered sugar
- 8 oz cool whip whipped topping divided thawed

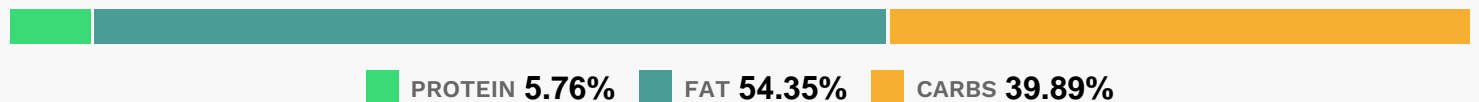
## Equipment

- frying pan
- oven
- knife
- whisk
- blender
- springform pan

## Directions

- Heat oven to 375F.
- Combine nuts, flour and butter; press onto bottom of 9-inch springform pan.
- Bake 20 min.; cool.
- Beat cream cheese and sugar with mixer until blended. Gently stir in 1-1/2 cups COOL WHIP; spread over crust. Beat pudding mixes and milk with whisk 2 min.; spread over cream cheese layer.
- Refrigerate several hours or until firm. Run knife around rim of pan to loosen dessert; remove rim. Top dessert with remaining COOL WHIP just before serving.

## Nutrition Facts



## Properties

Glycemic Index:30, Glycemic Load:14.12, Inflammation Score:-8, Nutrition Score:20.346956517385%

## Flavonoids

Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg

## Nutrients (% of daily need)

Calories: 1125.29kcal (56.26%), Fat: 69.29g (106.61%), Saturated Fat: 29.69g (185.56%), Carbohydrates: 114.44g (38.15%), Net Carbohydrates: 109.97g (39.99%), Sugar: 86.63g (96.25%), Cholesterol: 108.15mg (36.05%), Sodium: 1107.07mg (48.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.1mg (1.03%), Protein: 16.53g (33.07%), Manganese: 1.42mg (71.03%), Phosphorus: 385.33mg (38.53%), Vitamin A: 1882.58IU (37.65%), Vitamin B2: 0.59mg (34.66%), Calcium: 309.48mg (30.95%), Selenium: 19.98µg (28.54%), Vitamin B1: 0.42mg (27.93%), Copper: 0.51mg (25.26%), Magnesium: 81.27mg (20.32%), Fiber: 4.47g (17.9%), Zinc: 2.56mg (17.08%), Potassium: 592.16mg (16.92%), Vitamin B12: 1µg (16.74%), Vitamin B5: 1.32mg (13.19%), Folate: 50.72µg (12.68%), Iron: 2.23mg (12.41%), Vitamin E: 1.81mg (12.08%), Vitamin B6: 0.21mg (10.29%), Vitamin D: 1.43µg (9.54%), Vitamin B3: 1.77mg (8.84%), Vitamin K: 5.33µg (5.08%)