

DESSERT

Louisiana Mud Pie

11 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
380 min	10 min	370 min	10	\$0.63	303 kcal

Louisiana Mud Pie is a dessert that serves 10. One serving contains 303 calories, 4g of protein, and 17g of fat. For 63 cents per serving, this recipe covers 5% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ 1 tablespoon bourbon
- ☐ 1/2 cup chocolate chips, divided
- ☐ 2 pints coffee ice cream, softened
- ☐ 1/2 cup caramel topping
- ☐ 1 9-inch (9-inch) chocolate wafer pie crust
- ☐ 1/2 cup pecans, finely chopped

EQUIPMENT Sauce pan, Knife

Method

- 1

In a small saucepan over medium heat, add caramel topping and bourbon. Bring to a low boil, reduce heat to low and simmer for 8 to 10 minutes.
- 2

Remove from heat and set aside to cool.
- 3

To pie crust add 1/4 cup of cooled caramel sauce.
- 4

Place in freezer for 15 minutes until caramel firms.
- 5

Remove pie crust from freezer; add 1 pint softened coffee ice cream. Over top of ice cream, sprinkle 1/4 cup chocolate chips and 1/4 cup pecans. Return pie to freezer for 45 minutes to 1 hour. Repeat and make another layer. Return pie to freezer for a minimum of 4 hours.

6 For easy slicing, run knife under hot water.

Nutrition per serving

303	4 g	17 g	35 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			8.3 g · 52% of daily needs
Fibre			1.1 g · 5% of daily needs
Sugar			31.9 g · 35% of daily needs
Sodium			115 mg · 5% of daily needs
Cholesterol			41.6 mg · 14% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/louisiana-mud-pie-142125