

Mari's Dessert Pie

READY IN



35 min.

SERVINGS



10

CALORIES



357 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter
- ☐ 8 ounce cream cheese
- ☐ 1 cup flour all-purpose
- ☐ 3.9 ounce chocolate pudding mix instant
- ☐ 8 ounce non-dairy whipped topping frozen thawed
- ☐ 0.3 cup sugar white
- ☐ 0.5 cup sugar white

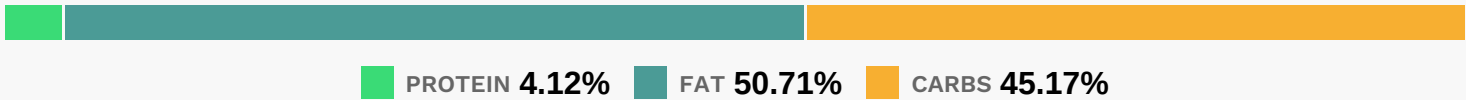
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a large bowl,
- ☐ Cut the butter into the flour and 1/4 cup sugar until the mixture resembles coarse crumbs; pat mixture into the bottom of a 9x13 inch baking dish.
- ☐ Bake in preheated oven for 15 to 18 minutes or until lightly browned.
- ☐ Let cool to room temperature.
- ☐ In a large bowl, beat the cream cheese and 1/2 cup sugar until smooth. Fold in half of the whipped topping.
- ☐ Spread mixture over cooled crust.
- ☐ In the same bowl,
- ☐ Mix pudding according to package directions.
- ☐ Spread over cream cheese mixture.
- ☐ Top with remaining whipped topping. Chill in refrigerator.

Nutrition Facts



Properties

Glycemic Index:29.22, Glycemic Load:17.71, Inflammation Score:-4, Nutrition Score:4.1586956718694%

Nutrients (% of daily need)

Calories: 356.6kcal (17.83%), Fat: 20.36g (31.32%), Saturated Fat: 13.09g (81.8%), Carbohydrates: 40.81g (13.6%), Net Carbohydrates: 40.07g (14.57%), Sugar: 28.72g (31.91%), Cholesterol: 47.76mg (15.92%), Sodium: 318.92mg (13.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.72g (7.43%), Vitamin A: 605.01IU (12.1%), Selenium: 7.21µg (10.3%), Vitamin B2: 0.15mg (8.65%), Vitamin B1: 0.11mg (7.3%), Folate: 26.27µg (6.57%), Phosphorus: 65.23mg (6.52%), Manganese: 0.13mg (6.45%), Calcium: 44.18mg (4.42%), Iron: 0.78mg (4.33%), Vitamin B3: 0.81mg (4.06%), Vitamin E: 0.59mg (3.91%), Copper: 0.06mg (3.23%), Fiber: 0.74g (2.94%), Magnesium: 11.58mg

(2.9%), Potassium: 95.34mg (2.72%), Vitamin K: 2.2µg (2.1%), Zinc: 0.3mg (2.03%), Vitamin B5: 0.2mg (1.99%),
Vitamin B12: 0.11µg (1.91%), Vitamin B6: 0.02mg (1.22%)