



## Mile-High Fudge Brownie Pie

READY IN



235 min.

SERVINGS



10

CALORIES



405 kcal

DESSERT

### Ingredients

- 0.5 cup butter
- 2 eggs
- 0.5 cup flour
- 7.8 oz jell-o chocolate flavor pudding instant
- 2 cups milk cold
- 4 oz baker's semi-sweet chocolate
- 0.8 cup sugar
- 1 tsp vanilla
- 8 oz cool whip whipped topping divided thawed

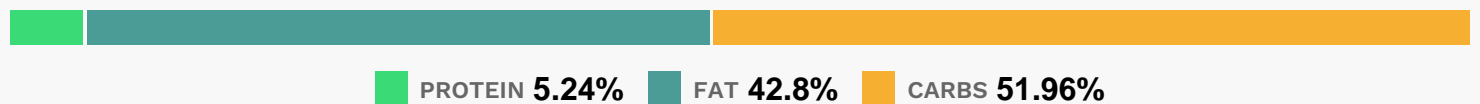
## Equipment

- bowl
- oven
- whisk
- toothpicks
- microwave

## Directions

- Heat oven to 350F.
- Microwave chocolate and butter in large microwaveable bowl on HIGH 2 min. or until butter is melted; stir until chocolate is completely melted.
- Add sugar; mix well. Blend in eggs and vanilla. Stir in flour until blended.
- Spread onto bottom of 9-inch pie plate sprayed with cooking spray.
- Bake 30 min. or until toothpick inserted in center comes out clean. Cool completely.
- Scoop out center of brownie with spoon, leaving thin layer on bottom and 1/2-inch-thick rim around edge. Reserve removed brownie pieces for later use.
- Beat pudding mixes and milk in large bowl with whisk 2 min. (Pudding will be thick.) Stir in half the COOL WHIP and all but 1/2 cup of the reserved brownie pieces. Spoon into brownie crust; top with remaining COOL WHIP and reserved brownie pieces.
- Refrigerate 2 hours.

## Nutrition Facts



## Properties

Glycemic Index:18.31, Glycemic Load:14.79, Inflammation Score:-5, Nutrition Score:6.9099999937512%

## Nutrients (% of daily need)

Calories: 405.23kcal (20.26%), Fat: 19.38g (29.82%), Saturated Fat: 8.33g (52.07%), Carbohydrates: 52.94g (17.65%), Net Carbohydrates: 51.07g (18.57%), Sugar: 41.94g (46.6%), Cholesterol: 39.73mg (13.24%), Sodium:

471.84mg (20.51%), Alcohol: 0.14g (100%), Alcohol %: 0.12% (100%), Caffeine: 11.3mg (3.77%), Protein: 5.34g (10.68%), Manganese: 0.28mg (14%), Phosphorus: 138.29mg (13.83%), Copper: 0.24mg (11.96%), Selenium: 7.89µg (11.27%), Vitamin A: 555.02IU (11.1%), Vitamin B2: 0.18mg (10.82%), Magnesium: 40.17mg (10.04%), Calcium: 95.28mg (9.53%), Iron: 1.48mg (8.2%), Fiber: 1.87g (7.49%), Vitamin B12: 0.42µg (6.98%), Potassium: 237.11mg (6.77%), Vitamin B1: 0.09mg (6.1%), Zinc: 0.82mg (5.46%), Vitamin D: 0.71µg (4.75%), Vitamin E: 0.67mg (4.45%), Folate: 17.03µg (4.26%), Vitamin B5: 0.39mg (3.94%), Vitamin B3: 0.6mg (3%), Vitamin B6: 0.06mg (2.98%), Vitamin K: 2.07µg (1.97%)