



## Mile-High Mud Pie

 Dairy Free

READY IN



150 min.

SERVINGS



30

CALORIES



124 kcal

### Ingredients

- 3 cups ice-cream chocolate shell softened
- 36 chocolate wafers such as nabisco famous crushed finely ( 2 cups crumbs)
- 0.5 cup cream sauce hot
- 3 cups coffee ice cream softened
- 0.3 cup butter melted ()
- 1 cup cool whip whipped topping thawed

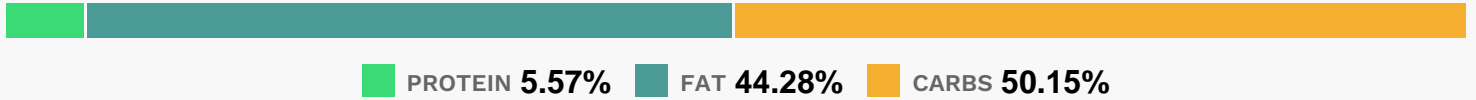
### Equipment

- oven

## Directions

- Preheat oven to 350F.
- Mix 1-1/2 cups of the crumbs and the margarine until well blended; press firmly onto bottom and up side of 9-inch pie plate.
- Bake 5 minutes; cool.
- Spread chocolate ice cream into prepared crust.
- Sprinkle with 1/3 cup of the remaining crumbs; drizzle with topping. Top with coffee ice cream. Freeze 2 hours or until firm.
- Sprinkle with remaining crumbs.
- Let stand at room temperature 10 minutes before cutting into 12 slices to serve. Top with the whipped topping just before serving. Store leftover pie in freezer.

## Nutrition Facts



## Properties

Glycemic Index:5.35, Glycemic Load:6.1, Inflammation Score:-2, Nutrition Score:2.2630434684131%

## Nutrients (% of daily need)

Calories: 123.95kcal (6.2%), Fat: 6.23g (9.58%), Saturated Fat: 2.9g (18.12%), Carbohydrates: 15.87g (5.29%), Net Carbohydrates: 15.23g (5.54%), Sugar: 11.2g (12.44%), Cholesterol: 10.54mg (3.51%), Sodium: 99.52mg (4.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.76g (3.53%), Vitamin B2: 0.08mg (4.94%), Phosphorus: 44.69mg (4.47%), Manganese: 0.09mg (4.42%), Calcium: 38.34mg (3.83%), Vitamin A: 180.96IU (3.62%), Copper: 0.07mg (3.6%), Magnesium: 12.16mg (3.04%), Iron: 0.49mg (2.73%), Potassium: 91.96mg (2.63%), Fiber: 0.64g (2.55%), Vitamin E: 0.34mg (2.24%), Zinc: 0.29mg (1.94%), Vitamin B1: 0.03mg (1.87%), Vitamin B5: 0.18mg (1.85%), Vitamin B12: 0.11µg (1.77%), Selenium: 1.15µg (1.65%), Folate: 6.45µg (1.61%), Vitamin B3: 0.27mg (1.33%)