



Mile-High OREO® Pie

READY IN



165 min.

SERVINGS



45

CALORIES



68 kcal

DESSERT

Ingredients

- 1 pkg brownie mix (8-inch-square-size)
- 2 cups milk cold
- 2 pkg oreo cookies 'n creme flavor pudding instant (4-serving size each)
- 8 oz cool whip whipped topping divided thawed

Equipment

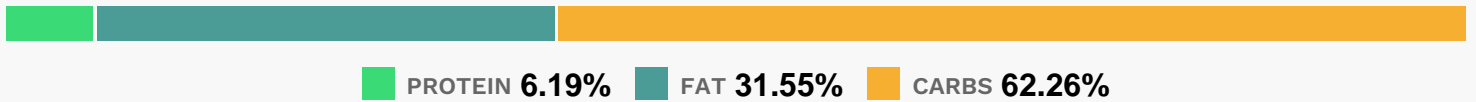
- bowl
- oven
- whisk

- wire rack
- toothpicks

Directions

- Preheat oven to 350F. Prepare brownie mix as directed on package.
- Pour into greased 9-inch pie plate.
- Bake 35 minutes or until toothpick inserted in center comes out clean. Cool completely on wire rack.
- Scoop out center of brownie with spoon, leaving a 1-inch crust around edge and thin layer of brownie on bottom. Reserve removed brownie pieces.
- Pour milk into large bowl.
- Add dry pudding mixes. Beat with wire whisk 2 minutes. (
- Mixture will be thick.) Stir in half of the whipped topping and all but 1/4 cup of the reserved brownie pieces. Spoon into brownie crust; top with remaining whipped topping and remaining brownie pieces. Refrigerate 2 hours or until set. Store leftover dessert in refrigerator.

Nutrition Facts



Properties

Glycemic Index:0.84, Glycemic Load:0.19, Inflammation Score:-1, Nutrition Score:0.53217391742636%

Nutrients (% of daily need)

Calories: 67.98kcal (3.4%), Fat: 2.39g (3.67%), Saturated Fat: 1.07g (6.68%), Carbohydrates: 10.6g (3.53%), Net Carbohydrates: 10.6g (3.85%), Sugar: 7.35g (8.17%), Cholesterol: 1.4mg (0.47%), Sodium: 41.02mg (1.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.05g (2.11%), Iron: 0.33mg (1.83%), Calcium: 16.93mg (1.69%), Phosphorus: 14.72mg (1.47%), Vitamin B2: 0.02mg (1.15%), Vitamin B12: 0.07µg (1.14%)