



## Mississippi Mud Pie

READY IN



210 min.

SERVINGS



30

CALORIES



100 kcal

DESSERT

### Ingredients

- 2 Tbsp butter melted
- 8 oz philadelphia cream cheese softened
- 3.9 oz jell-o chocolate flavor pudding instant
- 1.8 cups milk cold
- 0.5 cup planters pecans finely chopped
- 0.8 cup powdered sugar
- 0.8 cup vanilla wafers crushed
- 1.5 cups cool whip whipped topping divided thawed

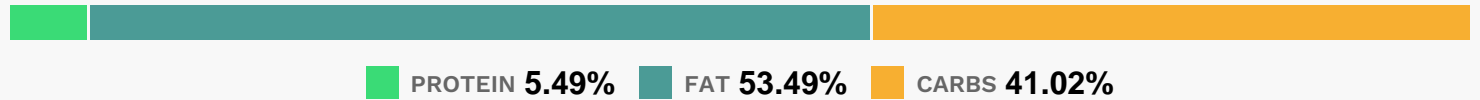
## Equipment

- bowl
- oven
- whisk
- blender

## Directions

- Heat oven to 375F.
- Mix wafer crumbs, nuts and butter; press onto bottom and up side of 9-inch pie plate.
- Bake 10 min.; cool.
- Beat cream cheese and sugar in medium bowl with mixer until well blended. Gently stir in 1 cup COOL WHIP; spread onto bottom of crust. Beat pudding mix and milk with whisk 2 min.; spoon over cream cheese layer.
- Refrigerate several hours or until firm. Top with remaining COOL WHIP just before serving.

## Nutrition Facts



## Properties

Glycemic Index:6.73, Glycemic Load:1.89, Inflammation Score:-1, Nutrition Score:1.5904347969462%

## Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

## Nutrients (% of daily need)

Calories: 99.89kcal (4.99%), Fat: 6.05g (9.31%), Saturated Fat: 2.99g (18.7%), Carbohydrates: 10.44g (3.48%), Net Carbohydrates: 10.11g (3.68%), Sugar: 8.22g (9.14%), Cholesterol: 11.48mg (3.83%), Sodium: 101.71mg (4.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.4g (2.8%), Manganese: 0.09mg (4.46%), Phosphorus: 33.85mg

(3.38%), Vitamin B2: 0.05mg (3.05%), Vitamin A: 151.94IU (3.04%), Calcium: 29.36mg (2.94%), Vitamin B1: 0.03mg (2.22%), Copper: 0.03mg (1.75%), Vitamin B12: 0.1µg (1.71%), Selenium: 1.19µg (1.7%), Magnesium: 6.32mg (1.58%), Potassium: 53.18mg (1.52%), Zinc: 0.2mg (1.32%), Fiber: 0.33g (1.32%), Vitamin B5: 0.11mg (1.12%), Vitamin D: 0.16µg (1.04%)