



Mississippi Mud Pie I

 Popular

READY IN



30 min.

SERVINGS



15

CALORIES



325 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 3.4 ounce butterscotch pudding mix instant
- ☐ 8 ounces cream cheese softened
- ☐ 2 cups graham cracker crumbs
- ☐ 3.9 ounce chocolate pudding mix instant
- ☐ 3 cups milk
- ☐ 12 ounce non-dairy whipped topping frozen thawed
- ☐ 0.8 cup sugar white

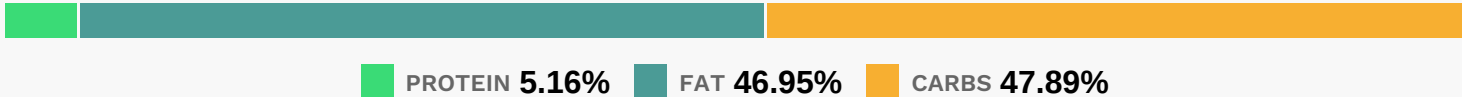
Equipment

- ☐ frying pan

Directions

- ☐ Thoroughly blend graham cracker crumbs, 1/4 cup sugar, and butter. Press firmly in bottom of 9x13 inch pan.
- ☐ Blend together half the whipped topping, 3/4 cup sugar, and softened cream cheese.
- ☐ Spread mixture on top of crust.
- ☐ Whip together the puddings and milk and spread on top of cream cheese mixture. Top with remaining whipped topping.

Nutrition Facts



Properties

Glycemic Index:17.27, Glycemic Load:14.11, Inflammation Score:-3, Nutrition Score:4.1778260884078%

Nutrients (% of daily need)

Calories: 325.46kcal (16.27%), Fat: 17.19g (26.44%), Saturated Fat: 10.66g (66.6%), Carbohydrates: 39.45g (13.15%), Net Carbohydrates: 38.77g (14.1%), Sugar: 30.93g (34.37%), Cholesterol: 37.85mg (12.62%), Sodium: 351.05mg (15.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.25g (8.49%), Phosphorus: 112.12mg (11.21%), Calcium: 102.76mg (10.28%), Vitamin A: 487.99IU (9.76%), Vitamin B2: 0.16mg (9.34%), Vitamin B12: 0.35µg (5.92%), Magnesium: 18.88mg (4.72%), Selenium: 3.15µg (4.5%), Potassium: 156.58mg (4.47%), Vitamin B1: 0.06mg (4.13%), Zinc: 0.57mg (3.8%), Vitamin D: 0.54µg (3.58%), Iron: 0.61mg (3.38%), Vitamin E: 0.45mg (2.99%), Vitamin B5: 0.28mg (2.78%), Vitamin B6: 0.06mg (2.75%), Fiber: 0.68g (2.74%), Vitamin B3: 0.53mg (2.66%), Folate: 7.64µg (1.91%), Copper: 0.04mg (1.85%), Vitamin K: 1.83µg (1.74%), Manganese: 0.03mg (1.58%)