



## Mississippi Mud Pie II

 Vegetarian

READY IN



160 min.

SERVINGS



15

CALORIES



307 kcal

DESSERT

### Ingredients

- 0.5 cup butter softened
- 1 cup confectioners' sugar
- 8 ounce cream cheese softened
- 0.5 cup flour all-purpose
- 0.5 cup heavy whipping cream
- 7.8 ounce chocolate pudding mix instant
- 2 cups milk cold
- 1 cup walnuts chopped

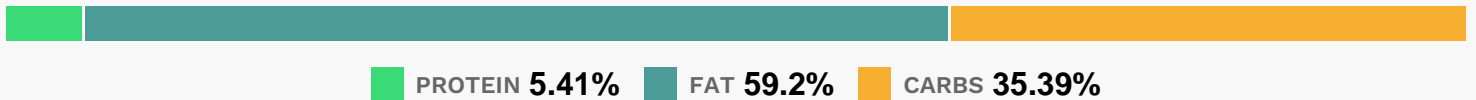
## Equipment

- bowl
- frying pan
- oven
- whisk

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a medium bowl, combine walnuts and flour.
- Mix well, then stir in softened butter or margarine. Stir until ingredients are combined and mixture forms a ball. Press into bottom of a 9x13 inch pan.
- Bake in preheated oven for 20 minutes, until golden brown.
- Remove and cool.
- Place pudding mix in a medium bowl and whisk in milk.
- Mix until smooth. Allow to set up for 5 minutes then spread on top of cooled crust.
- In a large bowl whip cream cheese until fluffy. Beat in confectioner's sugar until mixture is smooth. In a separate bowl, whip cream until soft peaks form, then fold into cream cheese mixture.
- Spread over pudding layer. Chill before serving.

## Nutrition Facts



## Properties

Glycemic Index:14, Glycemic Load:3.21, Inflammation Score:-4, Nutrition Score:5.3760870099068%

## Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg

## Nutrients (% of daily need)

Calories: 306.69kcal (15.33%), Fat: 20.65g (31.77%), Saturated Fat: 9.98g (62.37%), Carbohydrates: 27.77g (9.26%), Net Carbohydrates: 26.61g (9.68%), Sugar: 20.41g (22.68%), Cholesterol: 44.41mg (14.8%), Sodium: 321.69mg (13.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.24g (8.48%), Manganese: 0.35mg (17.61%), Vitamin A: 563.03IU (11.26%), Phosphorus: 97.56mg (9.76%), Copper: 0.19mg (9.33%), Vitamin B2: 0.14mg (8.18%), Calcium: 71.85mg (7.19%), Magnesium: 25.85mg (6.46%), Selenium: 4.44µg (6.35%), Vitamin B1: 0.08mg (5.63%), Fiber: 1.17g (4.66%), Folate: 17.62µg (4.4%), Potassium: 151.92mg (4.34%), Zinc: 0.6mg (3.98%), Vitamin B12: 0.23µg (3.91%), Vitamin B6: 0.08mg (3.84%), Iron: 0.64mg (3.56%), Vitamin D: 0.48µg (3.23%), Vitamin E: 0.46mg (3.08%), Vitamin B5: 0.3mg (3.02%), Vitamin B3: 0.42mg (2.12%), Vitamin K: 1.64µg (1.56%)