



Mocha Fudge Pie

READY IN



45 min.

SERVINGS



8

CALORIES



473 kcal

DESSERT

Ingredients

- 20.5 ounce fudge brownie mix light (2 cups)
- 2 large egg whites
- 3.9 ounce chocolate-flavored pudding mix sugar-free instant chocolate-flavored (1.4-ounce)
- 4 teaspoons coffee granules instant divided
- 3 tablespoons kahlua divided
- 0.8 cup milk 1% low-fat
- 2 teaspoons vanilla extract divided
- 0.3 cup water hot
- 3 cups non-dairy whipped topping frozen divided thawed reduced-calorie

Equipment

- bowl
- frying pan
- oven
- wire rack
- blender
- ziploc bags

Directions

- Preheat oven to 325
- Combine hot water and 2 teaspoons coffee granules in a bowl; stir well.
- Add 2 cups brownie mix, 1 teaspoon vanilla, and egg whites; stir until well-blended.
- Pour mixture into a 9-inch pie plate coated with cooking spray.
- Bake at 325 for 22 minutes (brownie will be fudgy when tested with a wooden pick).
- Let cool completely on a wire rack.
- Combine milk, 2 tablespoons Kahla, 1 teaspoon coffee granules, 1 teaspoon vanilla, and pudding mix in a bowl; beat at medium speed of a mixer 30 seconds. Gently fold in 1 1/2 cups whipped topping. Spoon pudding mixture into brownie crust; spread evenly.
- Combine 1 tablespoon Kahla and 1 teaspoon coffee granules in a bowl; stir well. Gently fold in 1 1/2 cups whipped topping.
- Spread whipped topping mixture evenly over pudding mixture.
- Garnish with chocolate curls, if desired.
- Serve immediately or store loosely covered in refrigerator.
- Note: Nonalcoholic Mocha Version: When making the pudding mixture, substitute 2 tablespoons 1% low-fat milk for the Kahla. In the topping omit the Kahlua and dissolve the instant coffee granules in 1 tablespoon water.
- Note: Store remaining brownie mix in a heavy-duty, zip-top plastic bag in refrigerator; use mix to make another pie or a small pan of brownies. To make brownies, combine about 2 cups mix, 1/4 cup water, and 1 lightly beaten egg white in a bowl. Stir just until combined.

Spread in an 8-inch square pan coated with cooking spray.

Bake at 350 for 23 to 25 minutes.

Nutrition Facts

PROTEIN 5.51% **FAT 25.27%** **CARBS 69.22%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.7782608529796%

Nutrients (% of daily need)

Calories: 473.35kcal (23.67%), Fat: 12.98g (19.97%), Saturated Fat: 5.32g (33.24%), Carbohydrates: 80.01g (26.67%), Net Carbohydrates: 79.51g (28.91%), Sugar: 55.96g (62.18%), Cholesterol: 1.67mg (0.56%), Sodium: 453.41mg (19.71%), Alcohol: 1.56g (100%), Alcohol %: 1.22% (100%), Caffeine: 16.67mg (5.56%), Protein: 6.36g (12.73%), Iron: 2.28mg (12.65%), Vitamin B2: 0.1mg (5.97%), Phosphorus: 56.36mg (5.64%), Calcium: 51.19mg (5.12%), Selenium: 3.2µg (4.57%), Potassium: 128.83mg (3.68%), Magnesium: 13.6mg (3.4%), Vitamin B12: 0.2µg (3.31%), Manganese: 0.06mg (3.16%), Copper: 0.06mg (2.84%), Fiber: 0.5g (1.99%), Vitamin D: 0.24µg (1.62%), Zinc: 0.22mg (1.44%), Vitamin B1: 0.02mg (1.34%), Vitamin A: 64.18IU (1.28%), Vitamin B3: 0.24mg (1.2%), Vitamin K: 1.14µg (1.08%), Vitamin B6: 0.02mg (1.07%), Vitamin E: 0.15mg (1.03%)