



Mocha-Pecan Mud Pie

READY IN



15 min.

SERVINGS



9

CALORIES



432 kcal

DESSERT

Ingredients

- ☐ 6 ounce ready-made chocolate crumb piecrust
- ☐ 2 tablespoons chocolate syrup light
- ☐ 1 pint coffee ice cream light softened
- ☐ 1 pint ice-cream chocolate shell light softened
- ☐ 0.5 cup pecans chopped
- ☐ 1 teaspoon sugar
- ☐ 1 cup cream-filled chocolate sandwich cookies divided coarsely chopped reduced-fat 10 cookies

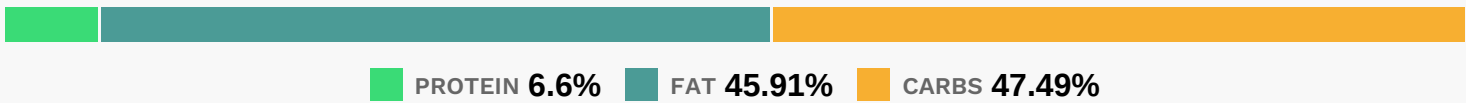
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap

Directions

- ☐ Place pecans in a single layer on a baking sheet coated with cooking spray; sprinkle evenly with sugar.
- ☐ Bake at 350 for 8 to 10 minutes or until lightly toasted. Cool.
- ☐ Stir together ice cream, 3/4 cup cookie chunks, and 1/3 cup pecans; spoon into piecrust. Freeze 10 minutes. Press remaining cookie chunks and pecans evenly on top. Cover with plastic wrap, and freeze 8 hours.
- ☐ Drizzle individual slices evenly with chocolate syrup.
- ☐ Note: For testing purposes only, we used Keebler Chocolate Ready Crust, Hagen-Dazs Light Coffee Ice Cream, and Hagen-Dazs Light Dutch Chocolate Ice Cream.

Nutrition Facts



Properties

Glycemic Index:18.01, Glycemic Load:10.43, Inflammation Score:-4, Nutrition Score:9.0908695303875%

Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg

Nutrients (% of daily need)

Calories: 431.96kcal (21.6%), Fat: 22.3g (34.3%), Saturated Fat: 8.82g (55.1%), Carbohydrates: 51.91g (17.3%), Net Carbohydrates: 49.43g (17.98%), Sugar: 34.26g (38.06%), Cholesterol: 37.85mg (12.62%), Sodium: 228.87mg (9.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.21g (14.42%), Manganese: 0.55mg (27.54%), Iron: 3.3mg (18.33%), Vitamin B2: 0.28mg (16.39%), Calcium: 163.08mg (16.31%), Phosphorus: 151.49mg (15.15%), Copper: 0.24mg (11.76%), Vitamin B1: 0.16mg (10.73%), Fiber: 2.47g (9.89%), Magnesium: 39.28mg (9.82%), Vitamin A:

448.72IU (8.97%), Potassium: 288.73mg (8.25%), Folate: 30.23µg (7.56%), Zinc: 1.11mg (7.42%), Vitamin K: 6.96µg (6.63%), Selenium: 4.4µg (6.29%), Vitamin B5: 0.62mg (6.18%), Vitamin B3: 1.18mg (5.92%), Vitamin E: 0.87mg (5.83%), Vitamin B12: 0.28µg (4.64%), Vitamin B6: 0.06mg (3.19%), Vitamin C: 1.02mg (1.24%), Vitamin D: 0.16µg (1.05%)