



Mounds of Joy Whipped Pie

READY IN



50 min.

SERVINGS



50

CALORIES



127 kcal

Ingredients

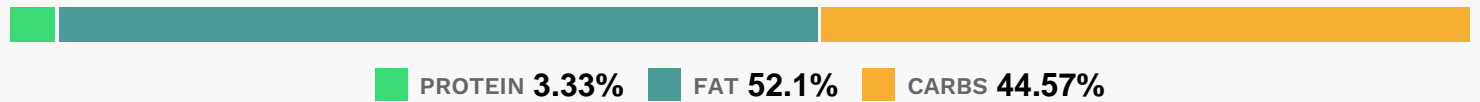
- 14 oz coconut or sweetened frozen flaked
- 8 oz philadelphia cream cheese softened
- 1 cup cream of coconut
- 6 chocolate-coated coconut and almond candy bars mini
- 3.9 oz jell-o cheesecake flavor pudding instant
- 1 oreo pie crust
- 16 oz cool whip whipped topping divided

Equipment

Directions

- Blend together softened PHILADELPHIA Cream Cheese and cream of coconut until smooth and creamy.
- Add dry pudding mix and beat until well blended.
- Add 1/2 thawed, but cold, coconut.
- Mix well. Fold in 1 tub COOL WHIP.
- Pour 1/2 of pudding mixture into the OREO Pie Crust.
- Drizzle with hard-shell chocolate ice cream topping, if desired.
- Pour second half of pudding mixture over pie.
- Mix 3/4 cup of toasted coconut with remaining tub of COOL WHIP and spread or pipe on pie.
- Finish pie by garnishing with mini chocolate coated coconut and almond candy bars.
- Sprinkle remaining toasted coconut on pie.
- Place in freezer 30 minutes to set or refrigerate for 45 minutes. Slice and enjoy!

Nutrition Facts



Properties

Glycemic Index:1, Glycemic Load:0.34, Inflammation Score:-1, Nutrition Score:1.7482608679844%

Nutrients (% of daily need)

Calories: 126.73kcal (6.34%), Fat: 7.39g (11.38%), Saturated Fat: 5.75g (35.93%), Carbohydrates: 14.24g (4.75%), Net Carbohydrates: 12.89g (4.69%), Sugar: 11.69g (12.99%), Cholesterol: 4.86mg (1.62%), Sodium: 77.76mg (3.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.06g (2.12%), Manganese: 0.14mg (7.1%), Fiber: 1.35g (5.4%), Copper: 0.08mg (4.22%), Magnesium: 12.76mg (3.19%), Selenium: 2.11µg (3.02%), Phosphorus: 29.88mg (2.99%), Iron: 0.53mg (2.97%), Potassium: 67.85mg (1.94%), Calcium: 14.17mg (1.42%), Vitamin A: 68.94IU (1.38%), Zinc: 0.2mg (1.33%), Vitamin B2: 0.02mg (1.32%)