



Mudslide Pie

 Dairy Free

READY IN



380 min.

SERVINGS



20

CALORIES



176 kcal

Ingredients

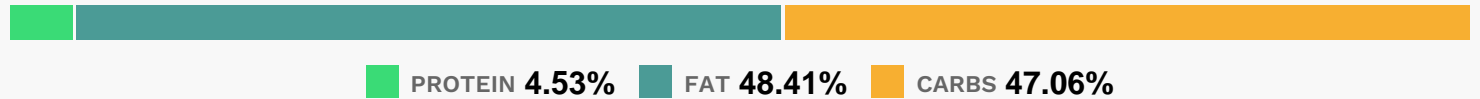
- 4 chocolate chip cookie mix crushed (2 inch)
- 20 chocolate chip cookie mix crushed finely (2 inch) (1-)
- 0.5 cup cream sauce hot
- 4 cups coffee ice cream softened
- 0.3 cup butter melted ()
- 1 cup cool whip whipped topping thawed

Equipment

Directions

- Mix finely crushed cookies and the margarine until well blended. Press firmly onto bottom and up side of 9-inch pie plate to form crust.
- Spread ice cream into crust. Freeze at least 6 hours or until firm.
- Top with the whipped topping just before serving; drizzle with fudge topping, then sprinkle with the coarsely crushed cookies. Store leftover pie in freezer.

Nutrition Facts



Properties

Glycemic Index:7.92, Glycemic Load:7.86, Inflammation Score:-2, Nutrition Score:2.2443478081537%

Nutrients (% of daily need)

Calories: 176.45kcal (8.82%), Fat: 9.54g (14.67%), Saturated Fat: 4.26g (26.62%), Carbohydrates: 20.86g (6.95%), Net Carbohydrates: 20.09g (7.31%), Sugar: 13.4g (14.89%), Cholesterol: 12.82mg (4.27%), Sodium: 124.26mg (5.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.01g (4.01%), Vitamin B2: 0.1mg (5.79%), Phosphorus: 44.99mg (4.5%), Vitamin A: 215.57IU (4.31%), Calcium: 41.03mg (4.1%), Vitamin B1: 0.06mg (3.87%), Fiber: 0.77g (3.07%), Magnesium: 12.05mg (3.01%), Potassium: 103.12mg (2.95%), Folate: 10.61µg (2.65%), Vitamin E: 0.39mg (2.57%), Zinc: 0.31mg (2.1%), Vitamin B12: 0.12µg (1.96%), Vitamin B5: 0.16mg (1.65%), Copper: 0.03mg (1.64%), Vitamin B3: 0.32mg (1.59%), Iron: 0.28mg (1.58%), Manganese: 0.03mg (1.52%), Selenium: 0.74µg (1.06%)