



Next-Best-Thing-To-Robert-Redford Pie

READY IN



45 min.

SERVINGS



15

CALORIES



442 kcal

DESSERT

Ingredients

- 0.7 cup butter
- 8 ounce cream cheese
- 1 cup flour all-purpose
- 5.9 ounce chocolate pudding mix instant
- 5.1 ounce vanilla pudding mix instant
- 3 cups milk
- 0.1 cup bittersweet chocolate grated
- 1 cup walnuts chopped
- 16 ounce non-dairy whipped topping frozen thawed

1 cup sugar white

Equipment

frying pan

oven

Directions

Combine flour, butter, and chopped nuts. Press into the bottom of a 9 x 13 x 2 inch pan.

Bake at 350 degrees F (175 degrees C) for 25 minutes, or until golden brown.

Combine cream cheese, sugar, and 1 container of whipped topping until well mixed.

Spread evenly over the cooled crust.

Mix pudding mixes and milk well until thick.

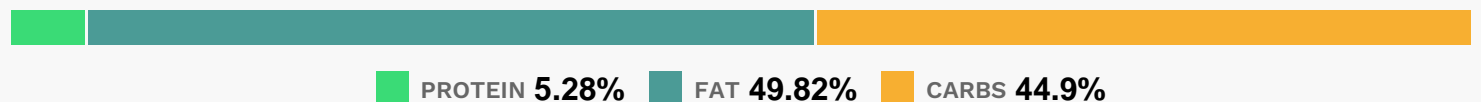
Spread evenly over the cream cheese filling.

Spread remaining container of whipped topping over the pudding layer.

Sprinkle grated chocolate over the top.

Refrigerate for 6 to 8 hours before serving.

Nutrition Facts



Properties

Glycemic Index:18.67, Glycemic Load:15.11, Inflammation Score:-4, Nutrition Score:6.9326087025845%

Flavonoids

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

Nutrients (% of daily need)

Calories: 442.08kcal (22.1%), Fat: 24.93g (38.35%), Saturated Fat: 13.48g (84.24%), Carbohydrates: 50.54g (16.85%), Net Carbohydrates: 49.22g (17.9%), Sugar: 39.34g (43.71%), Cholesterol: 43.51mg (14.5%), Sodium: 373.82mg (16.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.94g (11.89%), Manganese: 0.39mg (19.41%), Phosphorus: 138.27mg (13.83%), Vitamin B2: 0.2mg (11.55%), Vitamin A: 558.9IU (11.18%), Calcium: 110.33mg (11.03%), Copper: 0.2mg (10.14%), Selenium: 6.83µg (9.76%), Vitamin B1: 0.13mg (8.73%), Magnesium: 31.28mg (7.82%), Folate: 25.8µg (6.45%), Vitamin B12: 0.38µg (6.28%), Potassium: 206.21mg (5.89%), Fiber: 1.32g (5.29%),

Iron: 0.91mg (5.07%), Zinc: 0.73mg (4.84%), Vitamin B6: 0.09mg (4.6%), Vitamin E: 0.62mg (4.1%), Vitamin B5: 0.37mg (3.67%), Vitamin B3: 0.72mg (3.59%), Vitamin D: 0.54µg (3.58%), Vitamin K: 2.65µg (2.52%)