



No-Melt Sundae Pie

READY IN



375 min.

SERVINGS



15

CALORIES



186 kcal

Ingredients

- 3 Tbsp butter melted
- 3.4 oz jell-o vanilla flavor pudding instant
- 1 cup milk 2% cold
- 15 oreo cookies crushed finely
- 2 oz baker's semi-sweet chocolate melted
- 0.3 cup condensed milk sweetened canned
- 8 oz cool whip whipped topping divided thawed

Equipment

- bowl

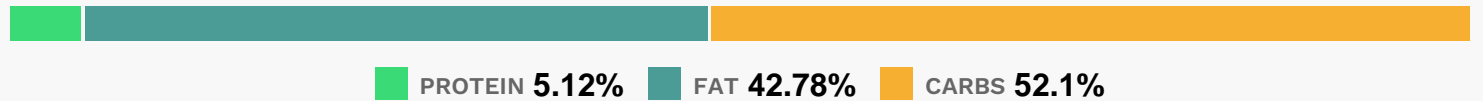
knife

whisk

Directions

- Combine cookie crumbs and butter; press onto bottom and up side of 9-inch pie plate. Reserve 1/2 cup COOL WHIP; refrigerate until ready to use.
- Beat pudding mix and 2% milk in medium bowl with whisk 2 min. Stir in remaining COOL WHIP; spoon into crust.
- Mix melted chocolate and condensed milk; spoon over pie. Swirl gently with knife.
- Freeze 6 hours or until firm.
- Let pie stand at room temperature 15 min. before serving to soften slightly. Top with reserved COOL WHIP.

Nutrition Facts



Properties

Glycemic Index:7.4, Glycemic Load:2.26, Inflammation Score:-1, Nutrition Score:3.3678261002769%

Nutrients (% of daily need)

Calories: 185.85kcal (9.29%), Fat: 8.95g (13.77%), Saturated Fat: 5.26g (32.85%), Carbohydrates: 24.53g (8.18%), Net Carbohydrates: 23.85g (8.67%), Sugar: 19.44g (21.59%), Cholesterol: 10.21mg (3.4%), Sodium: 132.92mg (5.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.85mg (1.28%), Protein: 2.41g (4.82%), Iron: 1.73mg (9.6%), Manganese: 0.13mg (6.73%), Phosphorus: 64.67mg (6.47%), Vitamin B2: 0.1mg (6.07%), Calcium: 54.79mg (5.48%), Copper: 0.09mg (4.6%), Magnesium: 16.91mg (4.23%), Vitamin K: 4.32µg (4.11%), Selenium: 2.79µg (3.99%), Potassium: 114mg (3.26%), Vitamin E: 0.48mg (3.17%), Fiber: 0.69g (2.76%), Vitamin B1: 0.04mg (2.68%), Vitamin B12: 0.16µg (2.59%), Vitamin A: 118.49IU (2.37%), Folate: 9.39µg (2.35%), Zinc: 0.35mg (2.32%), Vitamin B3: 0.39mg (1.94%), Vitamin B5: 0.16mg (1.57%)