



OREO Triple-Layer Chocolate Pie

READY IN



265 min.

SERVINGS



10

CALORIES



383 kcal

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 7.8 ounce chocolate pudding mix instant
- ☐ 2 cups milk cold
- ☐ 32 oreo cookies divided
- ☐ 8 ounce non-dairy whipped topping frozen divided thawed

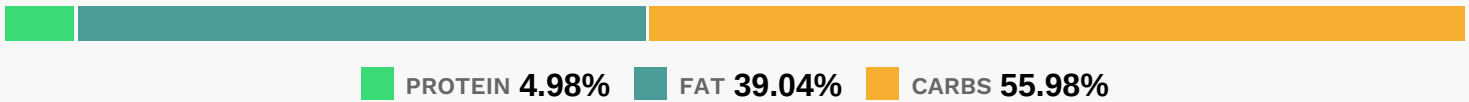
Equipment

- ☐ whisk

Directions

- ☐
- Crush 24 cookies finely; mix with butter. Press onto bottom and up side of 9-inch pie plate.
- ☐
- Beat pudding mixes and milk with whisk 2 minutes.
- ☐
- Spoon 1-1/2 cups pudding into crust. Stir half the whipped topping into remaining pudding; spread over pudding layer in crust. Chop remaining cookies; stir into remaining whipped topping.
- ☐
- Spread over pie.
- ☐
- Refrigerate 4 hours or until firm.

Nutrition Facts



Properties

Glycemic Index:3.8, Glycemic Load:0.87, Inflammation Score:-4, Nutrition Score:7.8182608567016%

Nutrients (% of daily need)

Calories: 382.65kcal (19.13%), Fat: 16.86g (25.93%), Saturated Fat: 6.77g (42.31%), Carbohydrates: 54.38g (18.13%), Net Carbohydrates: 52.47g (19.08%), Sugar: 38.33g (42.59%), Cholesterol: 6.31mg (2.1%), Sodium: 553.37mg (24.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 3.47mg (1.16%), Protein: 4.84g (9.68%), Iron: 4.95mg (27.52%), Manganese: 0.34mg (17.17%), Phosphorus: 119.01mg (11.9%), Vitamin B2: 0.19mg (11.38%), Vitamin K: 11.73µg (11.17%), Copper: 0.21mg (10.46%), Magnesium: 35.61mg (8.9%), Calcium: 88.55mg (8.85%), Vitamin E: 1.28mg (8.52%), Fiber: 1.91g (7.64%), Vitamin B1: 0.11mg (7.35%), Potassium: 240.53mg (6.87%), Folate: 24.82µg (6.21%), Vitamin A: 299.6IU (5.99%), Selenium: 4.02µg (5.74%), Vitamin B3: 1.13mg (5.63%), Vitamin B12: 0.31µg (5.24%), Zinc: 0.64mg (4.29%), Vitamin D: 0.54µg (3.58%), Vitamin B5: 0.31mg (3.08%), Vitamin B6: 0.05mg (2.32%)