



OREOÂ® Ribbon Pie

READY IN



150 min.

SERVINGS



30

CALORIES



111 kcal

DESSERT

Ingredients

- 0.5 cup chocolate syrup
- 8 oz philadelphia cream cheese softened
- 1 pkg jell-o chocolate flavor pudding instant (4-serving size)
- 0.3 cup butter melted ()
- 1.7 cups milk
- 20 oreo cookies crushed finely
- 0.3 cup sugar
- 1 cup cool whip whipped topping thawed

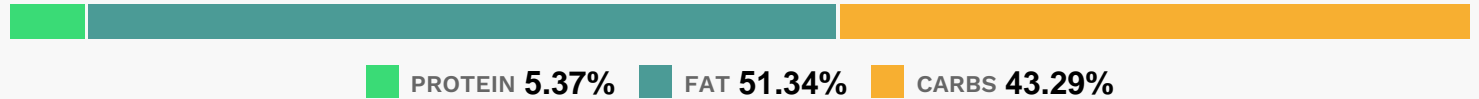
Equipment

- bowl
- whisk
- hand mixer

Directions

- Mix cookie crumbs and margarine; press firmly onto bottom and up side of 9-inch pie plate. Set aside.
- Beat cream cheese and sugar with electric mixer on high speed until well blended.
- Spread onto bottom of crust; set aside.
- Pour milk into medium bowl.
- Add dry pudding mix. Beat with wire whisk 2 minutes or until well blended.
- Spread over cream cheese layer. Refrigerate 2 hours or until firm.
- Spread chocolate topping evenly over pie just before serving. Top with whipped topping. Store leftover pie in refrigerator.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:1.52, Inflammation Score:-2, Nutrition Score:2.1443478343603%

Nutrients (% of daily need)

Calories: 111.41kcal (5.57%), Fat: 6.48g (9.96%), Saturated Fat: 2.86g (17.85%), Carbohydrates: 12.28g (4.09%), Net Carbohydrates: 11.92g (4.33%), Sugar: 8.95g (9.95%), Cholesterol: 9.31mg (3.1%), Sodium: 83.66mg (3.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.52g (3.05%), Iron: 1.09mg (6.03%), Vitamin A: 193.16IU (3.86%), Phosphorus: 37.98mg (3.8%), Manganese: 0.07mg (3.75%), Vitamin B2: 0.06mg (3.58%), Calcium: 28.75mg (2.87%), Copper: 0.05mg (2.72%), Magnesium: 9.56mg (2.39%), Vitamin K: 2.5µg (2.38%), Vitamin E: 0.34mg (2.28%), Selenium: 1.46µg (2.09%), Potassium: 63.66mg (1.82%), Vitamin B1: 0.03mg (1.75%), Vitamin B12: 0.1µg (1.61%), Fiber: 0.36g (1.45%), Folate: 5.76µg (1.44%), Zinc: 0.19mg (1.28%), Vitamin B3: 0.25mg (1.24%), Vitamin B5: 0.12mg (1.2%)