



## Peppermint-Chocolate Pudding Pie

READY IN



195 min.

SERVINGS



15

CALORIES



198 kcal

DESSERT

### Ingredients

- 0.3 cup candy canes crushed
- 6 oz ready-to-use graham cracker crumb crust
- 7.8 oz jell-o chocolate flavor pudding instant
- 1 cup marshmallows jet-puffed miniature
- 2 cups milk cold
- 2 oz baker's semi-sweet chocolate cooled melted
- 8 oz cool whip whipped topping divided thawed

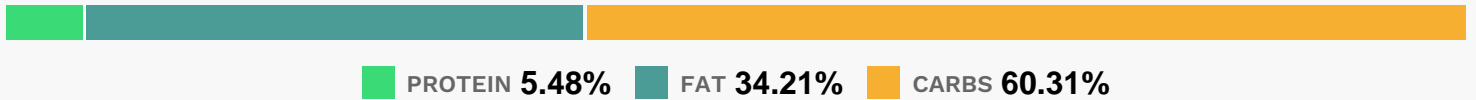
### Equipment

- baking sheet
- whisk
- ziploc bags

## Directions

- Beat milk and pudding mixes with whisk 2 min.; spoon 1-1/2 cups into crust. Top with marshmallows. Stir 1-1/2 cups COOL WHIP into remaining pudding; spoon over pie.
- Refrigerate 3 hours. Meanwhile, pour chocolate into resealable plastic bag. Snip off small corner from bottom of bag; use to squeeze chocolate into 10 desired shapes on waxed paper-covered baking sheet. Refrigerate until firm.
- Top pie with remaining COOL WHIP, crushed candy and chocolate shapes just before serving.

## Nutrition Facts



## Properties

Glycemic Index:6.57, Glycemic Load:2.21, Inflammation Score:-1, Nutrition Score:3.7091304426608%

## Nutrients (% of daily need)

Calories: 198.41kcal (9.92%), Fat: 7.57g (11.64%), Saturated Fat: 3.84g (23.98%), Carbohydrates: 30.03g (10.01%), Net Carbohydrates: 28.98g (10.54%), Sugar: 20.5g (22.77%), Cholesterol: 4.43mg (1.48%), Sodium: 290.36mg (12.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.28mg (1.43%), Protein: 2.73g (5.46%), Manganese: 0.25mg (12.58%), Phosphorus: 78.02mg (7.8%), Copper: 0.13mg (6.49%), Calcium: 58.25mg (5.83%), Vitamin B2: 0.09mg (5.45%), Magnesium: 20.92mg (5.23%), Fiber: 1.05g (4.21%), Iron: 0.75mg (4.15%), Potassium: 133.27mg (3.81%), Vitamin B12: 0.21µg (3.55%), Vitamin K: 3.55µg (3.38%), Zinc: 0.48mg (3.22%), Vitamin B1: 0.04mg (2.99%), Selenium: 2.02µg (2.88%), Vitamin B3: 0.48mg (2.42%), Vitamin D: 0.36µg (2.39%), Vitamin E: 0.33mg (2.23%), Folate: 8.3µg (2.08%), Vitamin B6: 0.03mg (1.73%), Vitamin B5: 0.16mg (1.57%), Vitamin A: 65.9IU (1.32%)