



## Peppermint-Fudge Pie

READY IN



130 min.

SERVINGS



8

CALORIES



421 kcal

DESSERT

## Ingredients

- ☐ 8 servings chocolate shaved
- ☐ 1 box chocolate pudding instant (4-serving size) (not )
- ☐ 8 oz cream cheese softened
- ☐ 2 cups milk
- ☐ 1 teaspoon peppermint extract
- ☐ 0.5 cup powdered sugar
- ☐ 2 drops drop natural food coloring green red
- ☐ 1 pie crust dough refrigerated softened
- ☐ 0.5 cup semi chocolate chips

☐ 2 cups non-dairy whipped topping frozen thawed

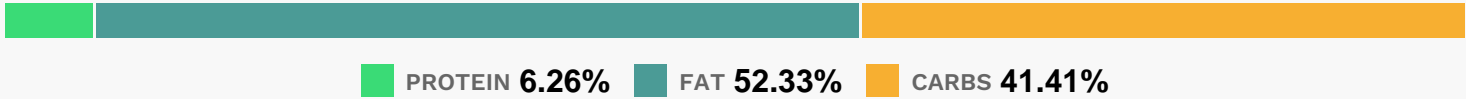
## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap
- ☐ hand mixer

## Directions

- ☐ Heat oven to 450F. Make pie crust as directed on box for One-Crust
- ☐ Baked Shell using 9-inch glass pie plate.
- ☐ Bake 9 to 11 minutes or until light golden brown. Cool completely, about 30 minutes.
- ☐ Meanwhile, in 2-quart saucepan, heat milk and pudding mix to a full boil over medium heat, stirring constantly.
- ☐ Remove from heat. Stir in chocolate chips until melted.
- ☐ Place plastic wrap directly over surface of pudding. Refrigerate 45 minutes or just until cooled.
- ☐ In small bowl, beat cream cheese, powdered sugar, peppermint extract and food color with electric mixer on medium speed until smooth. On low speed, gradually beat in 1 cup of the whipped topping until combined.
- ☐ Spread in cooled baked shell.
- ☐ Stir cooled pudding mixture; spread over cream cheese layer. Carefully spread remaining 1 cup whipped topping over pudding layer.
- ☐ Garnish with chocolate shavings. Refrigerate 1 hour or until chilled before serving. Store in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:13.45, Glycemic Load:1.74, Inflammation Score:-4, Nutrition Score:7.4130434056987%

Nutrients (% of daily need)

Calories: 421.12kcal (21.06%), Fat: 24.58g (37.82%), Saturated Fat: 13.49g (84.33%), Carbohydrates: 43.77g (14.59%), Net Carbohydrates: 41.85g (15.22%), Sugar: 28.61g (31.79%), Cholesterol: 37mg (12.33%), Sodium: 385.57mg (16.76%), Alcohol: 0.17g (100%), Alcohol %: 0.13% (100%), Caffeine: 11.18mg (3.72%), Protein: 6.62g (13.24%), Phosphorus: 160.51mg (16.05%), Manganese: 0.3mg (14.95%), Vitamin B2: 0.22mg (12.87%), Calcium: 128.66mg (12.87%), Copper: 0.21mg (10.65%), Magnesium: 40.76mg (10.19%), Vitamin A: 499.27IU (9.99%), Selenium: 6.58µg (9.39%), Iron: 1.5mg (8.34%), Fiber: 1.92g (7.67%), Potassium: 264.37mg (7.55%), Vitamin B12: 0.45µg (7.49%), Vitamin B1: 0.11mg (7.19%), Zinc: 0.89mg (5.97%), Vitamin B5: 0.51mg (5.13%), Folate: 18.38µg (4.59%), Vitamin D: 0.67µg (4.47%), Vitamin B3: 0.81mg (4.07%), Vitamin K: 3.98µg (3.79%), Vitamin B6: 0.07mg (3.66%), Vitamin E: 0.54mg (3.62%)