



Rocky Road Pie

READY IN



200 min.

SERVINGS



10

CALORIES



310 kcal

DESSERT

Ingredients

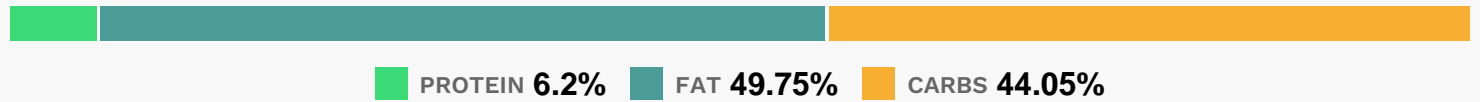
- 18 graham crackers crushed finely (1-)
- 1 pkg jell-o chocolate flavor pudding instant (4-serving size)
- 0.3 cup butter melted
- 1 cup marshmallows jet-puffed miniature
- 1.5 cups milk cold
- 0.3 cup sugar
- 0.8 cup planters walnuts divided chopped
- 2 cups cool whip whipped topping divided thawed

Equipment

Directions

- Mix crumbs, sugar and margarine until well blended; press firmly onto bottom and up side of 9-inch pie plate. Set aside.
- Prepare pudding mix as directed on package for pie filling, using 1-1/2 cups milk.
- Let stand 2 minutes. Gently stir in 1-1/2 cups of the whipped topping, the marshmallows and 1/2 cup of the walnuts.
- Pour into crust.
- Refrigerate several hours or until chilled. Top with remaining 1/2 cup whipped topping and the remaining 1/4 cup walnuts just before serving. Store leftover pie in refrigerator.

Nutrition Facts



Properties

Glycemic Index:26.26, Glycemic Load:20.29, Inflammation Score:-4, Nutrition Score:5.6439130448777%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg

Nutrients (% of daily need)

Calories: 309.73kcal (15.49%), Fat: 17.5g (26.92%), Saturated Fat: 4.57g (28.59%), Carbohydrates: 34.85g (11.62%), Net Carbohydrates: 33.4g (12.15%), Sugar: 19.26g (21.4%), Cholesterol: 4.69mg (1.56%), Sodium: 267.78mg (11.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.91g (9.81%), Manganese: 0.3mg (15.1%), Phosphorus: 131.54mg (13.15%), Calcium: 86.66mg (8.67%), Magnesium: 34.55mg (8.64%), Vitamin B2: 0.14mg (8.32%), Copper: 0.15mg (7.73%), Vitamin B1: 0.11mg (7.45%), Iron: 1.33mg (7.37%), Vitamin A: 342.81IU (6.86%), Zinc: 0.93mg (6.19%), Fiber: 1.45g (5.81%), Vitamin B3: 1.11mg (5.55%), Folate: 20.77µg (5.19%), Vitamin B6: 0.1mg (4.92%), Potassium: 157.12mg (4.49%), Vitamin B12: 0.24µg (3.92%), Vitamin D: 0.4µg (2.68%), Vitamin E: 0.39mg (2.6%), Selenium: 1.6µg (2.29%), Vitamin B5: 0.19mg (1.93%)