



Southern Possum Pie

READY IN



150 min.

SERVINGS



8

CALORIES



1231 kcal

DESSERT

Ingredients

- 0.8 cup powdered sugar
- 6 ounce cream cheese softened
- 9 inch graham cracker crust prepared
- 0.5 cup cup heavy whipping cream
- 0.3 cup chocolate pudding instant
- 0.3 cup vanilla pudding instant
- 2 cups milk cold
- 30 pecans
- 0.3 cup pecans chopped

0.8 teaspoon vanilla extract

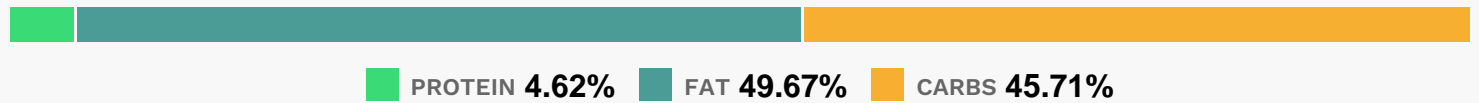
Equipment

pie form

Directions

- Beat the softened cream cheese and confectioners' sugar until smooth.
- Spread the mixture into the bottom of the prepared graham cracker crust.
- Sprinkle the chopped pecans over the mixture.
- Stir together the chocolate and vanilla pudding mixes.
- Pour in the milk and vanilla extract; beat on low speed for 2 minutes. Spoon into the pie pan. Cover and refrigerate for at least 2 hours. Top with the prepared whipped cream and pecan halves.

Nutrition Facts



Properties

Glycemic Index:10.63, Glycemic Load:1.44, Inflammation Score:-7, Nutrition Score:22.895652116641%

Flavonoids

Cyanidin: 0.93mg, Cyanidin: 0.93mg, Cyanidin: 0.93mg, Cyanidin: 0.93mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg

Nutrients (% of daily need)

Calories: 1230.96kcal (61.55%), Fat: 68.32g (105.11%), Saturated Fat: 18.96g (118.48%), Carbohydrates: 141.46g (47.15%), Net Carbohydrates: 136.95g (49.8%), Sugar: 51.43g (57.14%), Cholesterol: 45.6mg (15.2%), Sodium: 1014.26mg (44.1%), Alcohol: 0.13g (100%), Alcohol %: 0.05% (100%), Protein: 14.3g (28.61%), Manganese: 2.86mg (143.05%), Vitamin K: 43.12µg (41.06%), Vitamin B2: 0.58mg (34.28%), Phosphorus: 341.51mg (34.15%), Folate: 128.76µg (32.19%), Vitamin B3: 6.36mg (31.78%), Vitamin B1: 0.45mg (30.08%), Iron: 5.25mg (29.17%), Copper: 0.54mg (27.07%), Vitamin E: 4.01mg (26.73%), Zinc: 3.18mg (21.22%), Fiber: 4.51g (18.03%), Calcium: 167.31mg

(16.73%), Magnesium: 65.25mg (16.31%), Selenium: 8.84µg (12.62%), Vitamin A: 609.79IU (12.2%), Potassium: 388.68mg (11.11%), Vitamin B6: 0.22mg (10.9%), Vitamin B5: 0.8mg (8.02%), Vitamin B12: 0.4µg (6.67%), Vitamin D: 0.91µg (6.06%)