



Triple-Layer Chocolate Pie

READY IN



195 min.

SERVINGS



8

CALORIES



309 kcal

Ingredients

- 7.8 oz jell-o chocolate flavor pudding instant
- 2 cups milk cold
- 6 oz oreo pie crust
- 8 oz cool whip whipped topping divided thawed

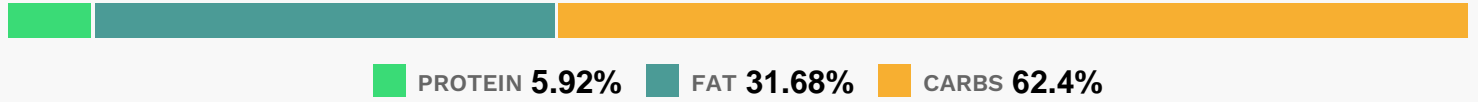
Equipment

- bowl
- whisk

Directions

- Beat pudding mixes and milk in large bowl with whisk 2 min. (Pudding will be thick.)
- Spread 1-1/2 cups pudding onto bottom of crust. Stir half the COOL WHIP into remaining pudding; spread over layer in crust. Top with remaining COOL WHIP.
- Refrigerate 3 hours or until firm.

Nutrition Facts



Properties

Glycemic Index:4.75, Glycemic Load:1.08, Inflammation Score:-2, Nutrition Score:4.7365217468013%

Nutrients (% of daily need)

Calories: 308.77kcal (15.44%), Fat: 10.88g (16.74%), Saturated Fat: 5.63g (35.18%), Carbohydrates: 48.23g (16.08%), Net Carbohydrates: 46.85g (17.04%), Sugar: 34.48g (38.32%), Cholesterol: 7.89mg (2.63%), Sodium: 546.38mg (23.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.57g (9.14%), Phosphorus: 131.83mg (13.18%), Calcium: 98.48mg (9.85%), Vitamin B2: 0.17mg (9.79%), Magnesium: 27.91mg (6.98%), Vitamin B1: 0.1mg (6.95%), Vitamin B12: 0.39µg (6.43%), Potassium: 211.52mg (6.04%), Iron: 1.01mg (5.59%), Fiber: 1.38g (5.51%), Manganese: 0.1mg (5.19%), Copper: 0.1mg (5.06%), Vitamin D: 0.67µg (4.47%), Folate: 16.56µg (4.14%), Selenium: 2.53µg (3.61%), Vitamin B3: 0.68mg (3.39%), Zinc: 0.45mg (3%), Vitamin A: 119.8IU (2.4%), Vitamin B5: 0.23mg (2.34%), Vitamin B6: 0.05mg (2.31%), Vitamin K: 1.5µg (1.43%), Vitamin E: 0.19mg (1.28%)