



Triple-Layer Egnog Pie

READY IN



195 min.

SERVINGS



15

CALORIES



212 kcal

DESSERT

Ingredients

- 10 caramels kraft
- 1 cup eggnog cold
- 6 oz ready-to-use graham cracker crumb crust
- 6.8 oz jell-o vanilla flavor pudding instant
- 1 cup milk cold divided
- 0.5 cup planters pecans toasted chopped
- 8 oz cool whip whipped topping divided thawed

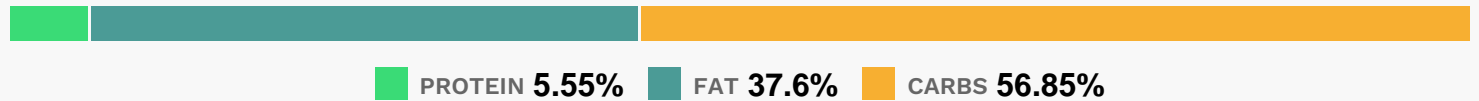
Equipment

- bowl
- whisk
- microwave

Directions

- Microwave caramels and 1 Tbsp. milk in microwaveable bowl on MEDIUM (50%) 30 sec. or until caramels are completely melted when stirred.
- Pour into crust; sprinkle with nuts.
- Beat pudding mixes, eggnog and remaining milk with whisk 2 min.; spoon 1-1/2 cups over nuts. Stir half the COOL WHIP into remaining pudding; spread over pudding layer in crust. Top with remaining COOL WHIP.
- Refrigerate 3 hours.

Nutrition Facts



Properties

Glycemic Index:11.2, Glycemic Load:4.39, Inflammation Score:-1, Nutrition Score:3.6804348126702%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 212.32kcal (10.62%), Fat: 8.99g (13.83%), Saturated Fat: 3.4g (21.23%), Carbohydrates: 30.59g (10.2%), Net Carbohydrates: 29.98g (10.9%), Sugar: 22.46g (24.96%), Cholesterol: 12.71mg (4.24%), Sodium: 177.56mg (7.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.98g (5.97%), Manganese: 0.3mg (14.89%), Phosphorus: 76.34mg (7.63%), Calcium: 68.2mg (6.82%), Vitamin B2: 0.12mg (6.79%), Vitamin B1: 0.07mg (4.49%), Copper: 0.07mg (3.63%), Vitamin B12: 0.21µg (3.57%), Magnesium: 13.96mg (3.49%), Zinc: 0.48mg (3.22%), Potassium: 110.79mg (3.17%), Vitamin K: 3.29µg (3.13%), Selenium: 2.04µg (2.91%), Vitamin E: 0.41mg (2.71%), Vitamin D: 0.38µg (2.55%), Iron: 0.45mg (2.48%), Fiber: 0.61g (2.44%), Vitamin B3: 0.46mg (2.32%), Folate: 8.99µg (2.25%), Vitamin B5: 0.22mg (2.21%), Vitamin B6: 0.04mg (2.03%), Vitamin A: 77.18IU (1.54%)