



## Turtle Brownie Pie

READY IN



180 min.

SERVINGS



1

CALORIES



3565 kcal

DESSERT

### Ingredients

- 15.9 oz brownie mix (8-inch pan size)
- 2 Tbsp caramel ice cream topping
- 6.8 oz jell-o vanilla flavor pudding instant
- 2 cups milk cold
- 0.3 cup planters pecans toasted chopped
- 1.8 cups cool whip whipped topping divided thawed

### Equipment

- oven

- whisk
- toothpicks
- measuring cup

## Directions

- Heat oven to 350F.
- Prepare brownie batter as directed on package; pour into greased 9-inch pie plate.
- Bake 30 min. or until toothpick inserted in center comes out clean. Immediately press down center with bottom of another pie plate or measuring cup, leaving a depression in center of brownie and 1-inch-wide rim around edge. Cool completely.
- Beat pudding mixes and milk with whisk 2 min. (
- Mixture will be thick.) Stir in 1 cup COOL WHIP. Spoon into brownie shell; top with remaining COOL WHIP and nuts.
- Refrigerate 2 hours or until firm.
- Drizzle with caramel topping just before serving.

## Nutrition Facts

**PROTEIN 5.01%** **FAT 26.57%** **CARBS 68.42%**

## Properties

Glycemic Index:48, Glycemic Load:8.77, Inflammation Score:-5, Nutrition Score:28.414347806702%

## Flavonoids

Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg

## Nutrients (% of daily need)

Calories: 3564.85kcal (178.24%), Fat: 105.94g (162.99%), Saturated Fat: 37.37g (233.54%), Carbohydrates: 613.76g (204.59%), Net Carbohydrates: 610.23g (221.9%), Sugar: 455.33g (505.92%), Cholesterol: 61.19mg (20.4%), Sodium: 2960.09mg (128.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.92g (89.85%), Iron: 13.58mg (75.43%), Calcium: 740.48mg (74.05%), Phosphorus: 678.41mg (67.84%), Manganese: 1.17mg (58.46%), Vitamin B2:

0.85mg (49.93%), Vitamin B12: 2.97µg (49.53%), Vitamin D: 5.37µg (35.79%), Vitamin B1: 0.46mg (30.86%), Potassium: 1031.65mg (29.48%), Magnesium: 99.75mg (24.94%), Selenium: 15.63µg (22.33%), Zinc: 3.29mg (21.95%), Vitamin B5: 2.1mg (20.99%), Vitamin B6: 0.38mg (18.8%), Vitamin A: 938.45IU (18.77%), Copper: 0.36mg (17.77%), Fiber: 3.53g (14.13%), Vitamin E: 1.27mg (8.45%), Vitamin K: 6.53µg (6.22%), Vitamin B3: 0.94mg (4.68%), Folate: 10.2µg (2.55%)