



Ultimate Frozen Mud Pie Dessert

READY IN



85 min.

SERVINGS



9

CALORIES



321 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 0.5 cup mrs richardson's butterscotch caramel sauce
- ☐ 2 cups rum / brandy / coffee liqueur frozen
- ☐ 0.8 cup cookie crumbs
- ☐ 2 tablespoons pecans finely chopped
- ☐ 2 tablespoons sugar
- ☐ 1.3 cups non-dairy whipped topping fat-free frozen thawed

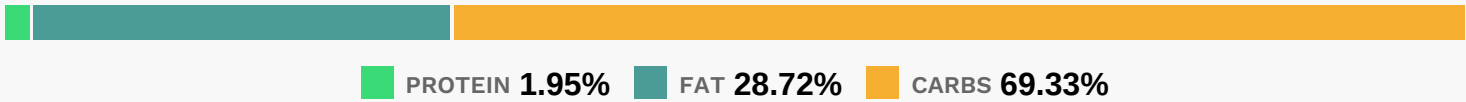
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Remove frozen yogurt from freezer to soften. Spray 8-inch square pan with cooking spray. In small bowl, mix cookie crumbs and sugar. Stir in butter until crumbly and well blended. Press in pan. Freeze about 10 minutes or until set.
- ☐ Spread slightly softened yogurt evenly over crust. Freeze about 1 hour or until firm.
- ☐ In small bowl, mix caramel topping and pecans. To serve, top each serving with generous 2 tablespoons whipped topping. Carefully pour 1 tablespoon caramel mixture over top.

Nutrition Facts



Properties

Glycemic Index:16.01, Glycemic Load:5.2, Inflammation Score:-3, Nutrition Score:1.6869565008775%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 321.16kcal (16.06%), Fat: 7.82g (12.03%), Saturated Fat: 2.56g (16.01%), Carbohydrates: 42.47g (14.16%), Net Carbohydrates: 42.15g (15.33%), Sugar: 38.71g (43.01%), Cholesterol: 0.21mg (0.07%), Sodium: 113.29mg (4.93%), Alcohol: 11.38g (100%), Alcohol %: 15.72% (100%), Protein: 1.2g (2.39%), Manganese: 0.14mg (7.1%), Vitamin B1: 0.05mg (3.1%), Vitamin A: 138.7IU (2.77%), Vitamin E: 0.39mg (2.6%), Phosphorus: 24.98mg (2.5%), Vitamin B2: 0.04mg (2.36%), Folate: 7.83µg (1.96%), Copper: 0.04mg (1.77%), Iron: 0.32mg (1.76%), Calcium: 17.15mg (1.71%), Vitamin B3: 0.31mg (1.55%), Selenium: 1.03µg (1.47%), Magnesium: 5.31mg (1.33%), Fiber: 0.32g (1.29%), Vitamin K: 1.33µg (1.26%), Potassium: 36.61mg (1.05%), Zinc: 0.15mg (1.01%)