



## Velvety Walnut Fudge Pie

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



338 kcal

DESSERT

### Ingredients

- 0.8 cup plus light
- 1 eggs
- 0.8 cup evaporated milk
- 3.5 ounce chocolate pudding
- 0.5 cup semi chocolate chips
- 1 cup walnut pieces chopped

### Equipment

- bowl

oven

## Directions

Melt the chocolate chips.

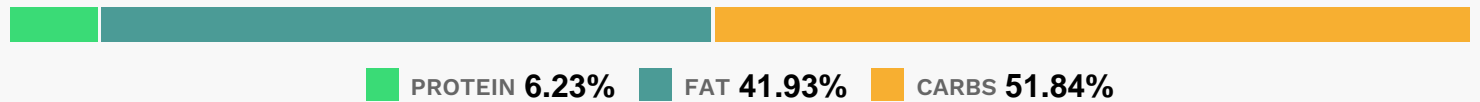
In a large bowl, combine pie filling, evaporated milk, corn syrup, egg, melted chocolate chips. Stir in nuts.

Pour into pie shell.

Bake at 375 degrees F (175 degrees C) for about 45 minutes; bake until top is firm and begins to crack. Cool at least 4 hours.

Garnish with whipped cream if desired.

## Nutrition Facts



## Properties

Glycemic Index:4.88, Glycemic Load:4.87, Inflammation Score:-3, Nutrition Score:7.3869565310686%

## Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg

## Nutrients (% of daily need)

Calories: 337.9kcal (16.89%), Fat: 16.45g (25.31%), Saturated Fat: 4.73g (29.59%), Carbohydrates: 45.77g (15.26%), Net Carbohydrates: 43.44g (15.8%), Sugar: 39.87g (44.3%), Cholesterol: 27.99mg (9.33%), Sodium: 231.33mg (10.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 10.54mg (3.51%), Protein: 5.5g (11%), Manganese: 0.7mg (34.84%), Copper: 0.42mg (21.23%), Phosphorus: 147.63mg (14.76%), Magnesium: 55.14mg (13.78%), Fiber: 2.33g (9.31%), Calcium: 91.69mg (9.17%), Zinc: 1.22mg (8.14%), Iron: 1.44mg (7.99%), Vitamin B2: 0.13mg (7.89%), Potassium: 237.05mg (6.77%), Selenium: 4.43µg (6.32%), Vitamin B1: 0.09mg (5.79%), Vitamin B6: 0.1mg (5.25%), Folate: 19.18µg (4.79%), Vitamin B5: 0.36mg (3.55%), Vitamin A: 94.71IU (1.89%), Vitamin E: 0.27mg (1.82%), Vitamin B12: 0.11µg (1.78%), Vitamin B3: 0.34mg (1.69%), Vitamin K: 1.55µg (1.48%)