



White Chocolate Devil's Food Pie

READY IN



250 min.

SERVINGS



10

CALORIES



338 kcal

DESSERT

Ingredients

- 2 cups milk fat-free cold divided
- 1 9-inch ready-to-use graham cracker crumb crust reduced-fat (6 oz. or)
- 1 pkg jell-o chocolate flavor pudding fat free white sugar free instant (4-serving size)
- 1 pkg jell-o devil's food flavor pudding fat free sugar free instant (4-serving size)
- 8 oz cool whip lite whipped topping divided thawed

Equipment

- bowl
- whisk

Directions

- Pour 1 cup of the cold milk into medium bowl.
- Add dry devil's food flavor pudding mix. Beat with wire whisk 1 minute. (
- Mixture will be thick.) Gently stir in 1/2 of the whipped topping. Spoon evenly into crust.
- Pour remaining 1 cup cold milk into another medium bowl.
- Add dry white chocolate flavor pudding mix. Beat with wire whisk 1 minute. (
- Mixture will be thick.) Gently stir in remaining whipped topping.
- Spread over pudding layer in crust.
- Refrigerate 4 hours or until set. Store leftover pie in refrigerator.

Nutrition Facts



Properties

Glycemic Index:3.33, Glycemic Load:0.8, Inflammation Score:-3, Nutrition Score:7.7491304563439%

Nutrients (% of daily need)

Calories: 337.91kcal (16.9%), Fat: 13.97g (21.49%), Saturated Fat: 4.85g (30.3%), Carbohydrates: 50.3g (16.77%), Net Carbohydrates: 48.94g (17.8%), Sugar: 27.52g (30.57%), Cholesterol: 1.92mg (0.64%), Sodium: 474.32mg (20.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.76mg (1.59%), Protein: 5.78g (11.56%), Phosphorus: 205.81mg (20.58%), Manganese: 0.32mg (15.85%), Calcium: 150.52mg (15.05%), Iron: 2.41mg (13.39%), Vitamin B2: 0.19mg (11.18%), Copper: 0.21mg (10.72%), Selenium: 7.33µg (10.47%), Folate: 39.5µg (9.87%), Vitamin B1: 0.14mg (9.11%), Magnesium: 31.73mg (7.93%), Potassium: 266.74mg (7.62%), Vitamin B3: 1.32mg (6.6%), Vitamin E: 0.91mg (6.05%), Vitamin K: 6.07µg (5.79%), Vitamin B12: 0.33µg (5.49%), Fiber: 1.36g (5.45%), Zinc: 0.8mg (5.35%), Vitamin D: 0.54µg (3.59%), Vitamin B6: 0.06mg (3.14%), Vitamin B5: 0.26mg (2.64%), Vitamin A: 118.21IU (2.36%)