

Triple Layer Chocolate Pie

Holiday Desserts
Favorite Brand Name Recipes Vol. 8, No. 73

Servings: 8

*2 packages (3.9 ounce ea) JELL-O
chocolate instant pudding*
2 cups cold milk
1 (6 ounce) chocolate pie crust
*1 tub (8 ounce) whipped topping,
thawed and divided*

Preparation Time: 15 minutes

Beat the dry pudding mixes and milk in a large bowl with a whisk for 2 minutes. (The pudding will be thick.)

Spoon 1-1/2 cups of the pudding onto the bottom of the crust. Gently stir half of the whipped topping into the remaining pudding. Spread over the layer in the crust. Top with the remaining whipped topping.

Refrigerate for three hours or until firm.

Garnish with fresh strawberries and mint sprigs just before serving.

Start to Finish Time: 3 hours 15 minutes

Per Serving (excluding unknown items): 30 Calories; 2g Fat (70.1% calories from fat); trace Protein; 2g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 1/2 Fat; 0 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	30	Vitamin B6 (mg):	0mg
% Calories from Fat:	70.1%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	28.4%	Thiamin B1 (mg):	0mg
% Calories from Protein:	1.5%	Riboflavin B2 (mg):	0mg
Total Fat (g):	2g	Folacin (mcg):	0mcg
Saturated Fat (g):	2g	Niacin (mg):	0mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0

Cholesterol (mg):	0mg
Carbohydrate (g):	2g
Dietary Fiber (g):	0g
Protein (g):	trace
Sodium (mg):	2mg
Potassium (mg):	2mg
Calcium (mg):	1mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	0mg
Vitamin A (i.u.):	81IU
Vitamin A (r.e.):	8RE

% Refuse: 0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 30 Calories from Fat: 21

% Daily Values*

Total Fat 2g	4%
Saturated Fat 2g	10%
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrates 2g	1%
Dietary Fiber 0g	0%
Protein trace	

Vitamin A	2%
Vitamin C	0%
Calcium	0%
Iron	0%

* Percent Daily Values are based on a 2000 calorie diet.