

Chocolate-Mint Grasshopper Pie

Holiday Desserts

Favorite Brand Name Recipes Vol. 8, No. 73

Servings: 8

1 package (3.4 ounce) JELL-O pistachio instant pudding
1 1/2 cups cold milk
2 cups whipped topping, thawed and divided
6 chocolate-mint creme cookies, chopped
1 (6 ounce) chocolate pie crust
1 ounce Baker's semi-sweet chocolate, melted

Preparation Time: 15 minutes

Beat the dry pudding mix and the milk in a large bowl with a whisk for 2 minutes. Stir in the whipped topping and chopped cookies. Spoon into the crust.

Cover with the remaining whipped topping. Drizzle with melted chocolate.

Refrigerate for two hours or until firm.

Garnish with additional chocolate-mint creme cookies, cut in half, just before serving.

Start to Finish Time: 2 hours 15 minutes

For a stronger mint flavor, add 1/4 teaspoon of mint extract to the pudding mix along with the milk.

Per Serving (excluding unknown items): 60 Calories; 5g Fat (70.1% calories from fat); trace Protein; 4g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 5mg Sodium. Exchanges: 1 Fat; 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	60
% Calories from Fat:	70.1%
% Calories from Carbohydrates:	28.4%
% Calories from Protein:	1.5%
Total Fat (g):	5g
Saturated Fat (g):	4g
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
	4g

Vitamin B6 (mg):	0mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	0mg
Riboflavin B2 (mg):	0mg
Folacin (mcg):	0mcg
Niacin (mg):	0mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.0%

Food Exchanges

Carbohydrate (g):		Grain (Starch):	0
Dietary Fiber (g):	0g	Lean Meat:	0
Protein (g):	trace	Vegetable:	0
Sodium (mg):	5mg	Fruit:	0
Potassium (mg):	3mg	Non-Fat Milk:	0
Calcium (mg):	1mg	Fat:	1
Iron (mg):	trace	Other Carbohydrates:	1/2
Zinc (mg):	trace		
Vitamin C (mg):	0mg		
Vitamin A (i.u.):	161IU		
Vitamin A (r.e.):	16RE		

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 60 **Calories from Fat:** 42

% Daily Values*

Total Fat 5g		7%
Saturated Fat 4g		20%
Cholesterol 0mg		0%
Sodium 5mg		0%
Total Carbohydrates 4g		1%
Dietary Fiber 0g		0%
Protein trace		

Vitamin A	3%
Vitamin C	0%
Calcium	0%
Iron	0%

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