



Black-Bottom Peanut Butter Freezer Pie



Dairy Free



Popular

READY IN



30 min.

SERVINGS



8

CALORIES



698 kcal

Ingredients

- ☐ 1.5 cups vegan chocolate cookie crumbs (such as Midel Chocolate Snaps)
- ☐ 1 cup dairy-free chocolate curls
- ☐ 0.3 cup dairy-free margarine melted
- ☐ 0.8 cup peanut butter
- ☐ 1 quart vegan vanilla ice cream softened

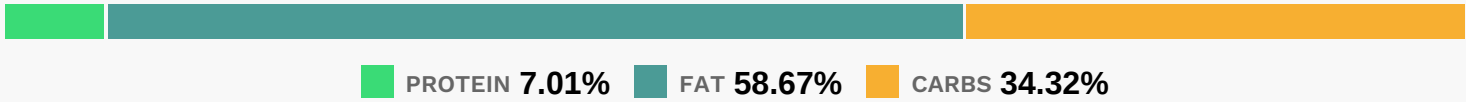
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Lightly coat a 9-inch pie plate with nonstick cooking spray.In a medium bowl, combine the cookie crumbs and the butter until well blended.
- ☐ Transfer to the prepared pan and press the crumb mixture onto the bottom and sides. Set aside.In a large bowl, combine the ice cream with the peanut butter, mixing until well blended.Spoon into the prepared crust Freeze for 4 to 6 hours or overnight.
- ☐ Let the pie sit at room temperature for 5 minutes.
- ☐ Sprinkle the chopped peanuts in the center of the pie and the chocolate curls along the outer edge.

Nutrition Facts



Properties

Glycemic Index:17.38, Glycemic Load:24.62, Inflammation Score:-7, Nutrition Score:16.125217417012%

Nutrients (% of daily need)

Calories: 698.05kcal (34.9%), Fat: 46.18g (71.04%), Saturated Fat: 19.69g (123.05%), Carbohydrates: 60.79g (20.26%), Net Carbohydrates: 56.19g (20.43%), Sugar: 42.52g (47.25%), Cholesterol: 53.82mg (17.94%), Sodium: 313.17mg (13.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 25.43mg (8.48%), Protein: 12.41g (24.82%), Manganese: 0.84mg (41.81%), Vitamin E: 4.56mg (30.37%), Phosphorus: 295.75mg (29.58%), Magnesium: 112.11mg (28.03%), Copper: 0.51mg (25.74%), Vitamin B2: 0.4mg (23.73%), Vitamin B3: 4.22mg (21.08%), Calcium: 184.04mg (18.4%), Fiber: 4.6g (18.39%), Iron: 2.95mg (16.4%), Vitamin A: 798.65IU (15.97%), Potassium: 557.98mg (15.94%), Zinc: 2.31mg (15.37%), Vitamin B5: 1.09mg (10.89%), Vitamin B1: 0.16mg (10.5%), Folate: 41.9µg (10.48%), Selenium: 6.77µg (9.67%), Vitamin B6: 0.19mg (9.38%), Vitamin B12: 0.51µg (8.58%), Vitamin K: 8.54µg (8.13%), Vitamin D: 0.24µg (1.58%)