



Black-Bottom Peanut Butter Mousse Pie

 Popular

READY IN



120 min.

SERVINGS



10

CALORIES



320 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons plus light
- ☐ 2 tablespoons creamy peanut butter old-fashioned style freshly ground (do not use or)
- ☐ 7 graham crackers whole
- ☐ 1 cup peanut butter chips
- ☐ 8 ounces semi chocolate chips
- ☐ 4 tablespoons sugar divided
- ☐ 0.3 cup butter unsalted melted ()
- ☐ 2 teaspoons vanilla extract divided

☐ 0.7 cup whipping cream chilled divided

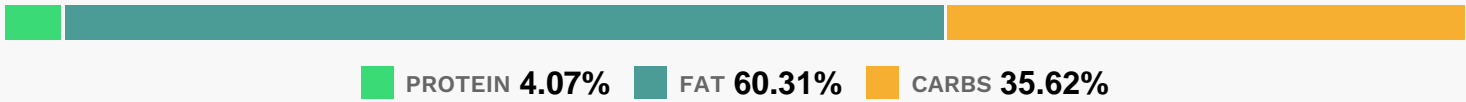
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ microwave
- ☐ pie form

Directions

- ☐ Preheat oven to 350°F. Spray 9-inch-diameter glass pie dish with nonstick spray. Blend graham crackers, melted butter, and 2 tablespoons sugar in processor until moist clumps form. Press crumb mixture over bottom and up sides of prepared pie dish.
- ☐ Bake crust until lightly browned, about 15 minutes.
- ☐ Meanwhile, combine chocolate chips, 2/3 cup cream, corn syrup, and 1 teaspoon vanilla in microwave-safe bowl. Microwave on medium heat until chocolate softens, about 3 minutes.
- ☐ Whisk until melted and smooth.
- ☐ Spread chocolate mixture over bottom of crust. Freeze 10 minutes.
- ☐ Microwave peanut butter chips and 3/4 cup cream in large microwave-safe bowl on medium heat at 15-second intervals just until chips soften, stirring often.
- ☐ Whisk in peanut butter and 1 teaspoon vanilla. Cool to barely lukewarm. Beat remaining 1 cup cream and 2 tablespoons sugar in medium bowl until very thick but not yet holding peaks; fold into peanut butter mixture in 3 additions. Spoon mousse over chocolate layer. Chill at least 1 hour and up to 1 day.

Nutrition Facts



Properties

Glycemic Index:17.71, Glycemic Load:9.35, Inflammation Score:-4, Nutrition Score:5.6660869532953%

Nutrients (% of daily need)

Calories: 319.84kcal (15.99%), Fat: 21.66g (33.32%), Saturated Fat: 12.04g (75.23%), Carbohydrates: 28.79g (9.6%), Net Carbohydrates: 26.48g (9.63%), Sugar: 19.65g (21.84%), Cholesterol: 31.49mg (10.5%), Sodium: 88.33mg (3.84%), Alcohol: 0.28g (100%), Alcohol %: 0.41% (100%), Caffeine: 19.5mg (6.5%), Protein: 3.29g (6.58%), Manganese: 0.35mg (17.49%), Copper: 0.3mg (15.15%), Magnesium: 52.47mg (13.12%), Iron: 1.91mg (10.63%), Phosphorus: 100.22mg (10.02%), Fiber: 2.3g (9.2%), Vitamin A: 386.4IU (7.73%), Zinc: 0.94mg (6.24%), Potassium: 181.75mg (5.19%), Vitamin B3: 1mg (5.01%), Vitamin E: 0.7mg (4.69%), Vitamin B2: 0.07mg (4.36%), Selenium: 2.63µg (3.76%), Calcium: 35.91mg (3.59%), Vitamin B1: 0.04mg (2.68%), Vitamin K: 2.55µg (2.43%), Vitamin D: 0.34µg (2.26%), Folate: 8.06µg (2.02%), Vitamin B6: 0.04mg (1.88%), Vitamin B5: 0.15mg (1.49%), Vitamin B12: 0.08µg (1.26%)