



Charley's Low Sugar Peanut Butter Pie

READY IN



137 min.

SERVINGS



8

CALORIES



494 kcal

DESSERT

Ingredients

- 0.8 cup butter softened
- 8 ounce cream cheese light softened
- 0.8 cup peanut butter
- 0.5 cup pecans chopped
- 1.5 teaspoons heat stable artificial sweetener
- 1.5 cups wheat crackers shredded crushed
- 8 ounce non-dairy whipped topping frozen thawed

Equipment

- bowl
- oven
- mixing bowl
- pie form

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a medium-size bowl, mix together crushed crackers, pecans, and artificial sweetener.
- Cut in butter or margarine until mixture is crumbly. Press into a 9 inch pie pan.
- Bake in preheated oven for 7 minutes.
- Remove and cool.
- In a medium-size mixing bowl, combine cream cheese and peanut butter. Beat until fluffy, then fold in whipped topping.
- Pour mixture into cooled crust. Chill 2 to 3 hours before serving.

Nutrition Facts

PROTEIN 7.97% **FAT 74.25%** **CARBS 17.78%**

Properties

Glycemic Index:9.25, Glycemic Load:0.63, Inflammation Score:-6, Nutrition Score:10.788260768289%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg

Nutrients (% of daily need)

Calories: 494.24kcal (24.71%), Fat: 42.77g (65.8%), Saturated Fat: 19.63g (122.66%), Carbohydrates: 23.04g (7.68%), Net Carbohydrates: 19.6g (7.13%), Sugar: 11.43g (12.7%), Cholesterol: 61.63mg (20.54%), Sodium: 363.32mg (15.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.33g (20.65%), Manganese: 0.89mg (44.32%), Phosphorus: 202.65mg (20.26%), Vitamin E: 3.01mg (20.07%), Vitamin B3: 3.83mg (19.16%), Magnesium: 65.52mg (16.38%), Vitamin A: 713.1IU (14.26%), Vitamin B6: 0.24mg (12.13%), Fiber: 2.87g (11.49%), Copper: 0.23mg (11.36%),

Zinc: 1.4mg (9.31%), Vitamin B2: 0.15mg (8.91%), Calcium: 88.22mg (8.82%), Potassium: 301.25mg (8.61%), Folate: 32.96µg (8.24%), Vitamin B1: 0.12mg (7.93%), Vitamin B5: 0.61mg (6.05%), Vitamin B12: 0.35µg (5.89%), Iron: 0.93mg (5.18%), Selenium: 3.52µg (5.03%), Vitamin K: 3.14µg (2.99%), Vitamin C: 0.96mg (1.17%)