



## Chilly Peanut Butter Pie

READY IN



15 min.

SERVINGS



8

CALORIES



389 kcal

### Ingredients

- 1 graham cracker crust (9 inches)
- 3.4 ounces vanilla pudding instant
- 1 cup milk cold
- 0.5 cup peanut butter
- 0.5 cup strawberry jelly
- 8 ounces non-dairy whipped topping frozen divided thawed

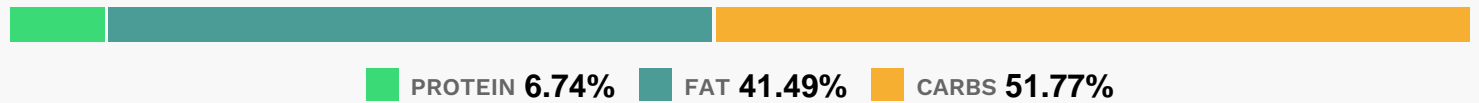
### Equipment

- bowl
- whisk

## Directions

- Spread 1 cup whipped topping over the bottom of the crust. Drop jelly by tablespoonfuls onto topping; spread carefully. In a bowl, whisk milk and pudding mix until thickened.
- Add peanut butter; mix well. Fold in the remaining whipped topping.
- Spread over jelly.
- Cover and freeze for 4 hours or until firm.
- Remove from the freezer 10 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:13.38, Glycemic Load:8.86, Inflammation Score:-2, Nutrition Score:7.2391304295996%

## Nutrients (% of daily need)

Calories: 389.27kcal (19.46%), Fat: 18.26g (28.1%), Saturated Fat: 6.47g (40.47%), Carbohydrates: 51.28g (17.09%), Net Carbohydrates: 49.8g (18.11%), Sugar: 33.56g (37.29%), Cholesterol: 4.23mg (1.41%), Sodium: 284.57mg (12.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.68g (13.36%), Manganese: 0.52mg (26.03%), Vitamin B3: 2.9mg (14.49%), Vitamin E: 2.04mg (13.63%), Phosphorus: 135.59mg (13.56%), Magnesium: 38.63mg (9.66%), Vitamin B2: 0.16mg (9.49%), Folate: 30.87µg (7.72%), Calcium: 76.56mg (7.66%), Copper: 0.14mg (7.1%), Potassium: 208.11mg (5.95%), Fiber: 1.48g (5.94%), Vitamin B1: 0.09mg (5.83%), Vitamin B6: 0.12mg (5.81%), Zinc: 0.84mg (5.63%), Vitamin K: 5.68µg (5.41%), Iron: 0.97mg (5.41%), Selenium: 3.01µg (4.3%), Vitamin B12: 0.22µg (3.69%), Vitamin B5: 0.33mg (3.27%), Vitamin C: 1.87mg (2.27%), Vitamin D: 0.34µg (2.24%), Vitamin A: 70.6IU (1.41%)