



## Chocolate Peanut Butter No-Bake Dessert

READY IN



45 min.

SERVINGS



9

CALORIES



633 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 20 oreo cookies divided
- 2 tablespoons butter softened
- 8 oz cream cheese softened
- 0.5 cup peanut butter
- 1.5 cups powdered sugar divided
- 16 ounces non-dairy whipped topping frozen divided thawed
- 15 peanut butter cups miniature chopped
- 1 cup milk cold
- 3.9 ounces chocolate pudding instant

# Equipment

bowl

# Directions

- Crush 16 cookies; toss with the butter. Press into an ungreased 9-inch square dish; set aside. In a large bowl, beat the cream cheese, peanut butter and 1 cup confectioners' sugar until smooth. Fold in half of the whipped topping.
- Spread over crust.
- Sprinkle with chopped peanut butter cups. In another large bowl, beat the milk, pudding mix and remaining confectioners' sugar on low speed for 2 minutes
- Let stand for 2 minutes or until soft-set. Fold in remaining whipped topping.
- Spread over peanut butter cups. Crush remaining cookies; sprinkle over the top. Cover and chill for at least 3 hours.

# Nutrition Facts



# Properties

Glycemic Index:14.33, Glycemic Load:1.21, Inflammation Score:-5, Nutrition Score:10.51%

# Nutrients (% of daily need)

Calories: 633.29kcal (31.66%), Fat: 34.87g (53.65%), Saturated Fat: 17.19g (107.46%), Carbohydrates: 73.9g (24.63%), Net Carbohydrates: 71.58g (26.03%), Sugar: 59.91g (66.57%), Cholesterol: 37.1mg (12.37%), Sodium: 528.28mg (22.97%), Protein: 10.06g (20.13%), Manganese: 0.44mg (22.03%), Iron: 3.87mg (21.47%), Phosphorus: 193.41mg (19.34%), Vitamin E: 2.55mg (16.97%), Vitamin B3: 3.26mg (16.28%), Vitamin B2: 0.26mg (15.06%), Magnesium: 58.63mg (14.66%), Calcium: 117.72mg (11.77%), Copper: 0.23mg (11.6%), Vitamin A: 504.46IU (10.09%), Vitamin K: 10.21µg (9.72%), Folate: 38.67µg (9.67%), Potassium: 338.23mg (9.66%), Fiber: 2.32g (9.29%), Selenium: 6.49µg (9.27%), Vitamin B1: 0.12mg (8.23%), Zinc: 1.08mg (7.2%), Vitamin B6: 0.12mg (6.19%), Vitamin B12: 0.34µg (5.64%), Vitamin B5: 0.56mg (5.56%), Vitamin D: 0.3µg (1.99%)