



Chocolate-Peanut Butter Pie

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



174 kcal

Ingredients

- ☐ 0.8 cup nutlike cereal nuggets divided (such as Grape-Nuts)
- ☐ 0.3 cup creamy peanut butter
- ☐ 2.1 ounce chocolate pudding mix sugar-free instant
- ☐ 2 cups ice-cream chocolate shell low-fat softened
- ☐ 1 cup non-dairy whipped topping fat-free frozen thawed

Equipment

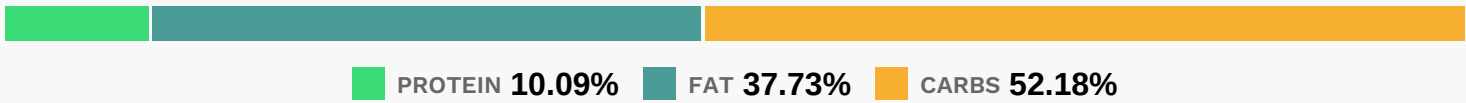
- ☐ bowl
- ☐ frying pan
- ☐ cake form

☐ spatula

Directions

- ☐ Sprinkle 1/2 cup cereal nuggets evenly in an 8-inch round cake pan.
- ☐ Combine remaining 1/4 cup cereal nuggets, chocolate ice cream, pudding mix, and peanut butter in a large bowl; stir until mixture is well blended. Fold in whipped topping. Spoon ice cream mixture into prepared pan, spreading gently with a spatula. Cover and freeze 2 hours or until firm.
- ☐ Let stand at room temperature 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:13.41, Glycemic Load:3.87, Inflammation Score:-4, Nutrition Score:5.9804347222266%

Nutrients (% of daily need)

Calories: 173.59kcal (8.68%), Fat: 7.54g (11.6%), Saturated Fat: 2.82g (17.65%), Carbohydrates: 23.47g (7.82%), Net Carbohydrates: 21.79g (7.92%), Sugar: 17.48g (19.42%), Cholesterol: 12.14mg (4.05%), Sodium: 194.91mg (8.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.54g (9.08%), Manganese: 0.32mg (15.88%), Vitamin B2: 0.18mg (10.53%), Vitamin B3: 1.8mg (8.99%), Folate: 35.28µg (8.82%), Phosphorus: 87.44mg (8.74%), Iron: 1.55mg (8.61%), Magnesium: 33.91mg (8.48%), Calcium: 77.04mg (7.7%), Fiber: 1.68g (6.73%), Vitamin B12: 0.38µg (6.32%), Vitamin B6: 0.12mg (6.04%), Copper: 0.12mg (5.99%), Vitamin E: 0.85mg (5.69%), Vitamin B1: 0.08mg (5.55%), Vitamin A: 271.66IU (5.43%), Selenium: 3.6µg (5.15%), Potassium: 157.75mg (4.51%), Zinc: 0.63mg (4.21%), Vitamin B5: 0.21mg (2.13%), Vitamin D: 0.16µg (1.08%)