



Chocolate Peanut Butter Pie

READY IN



140 min.

SERVINGS



12

CALORIES



463 kcal

DESSERT

Ingredients

- ☐ 0.8 cup butter
- ☐ 3 cups confectioners' sugar
- ☐ 16 inch graham cracker crusts prepared
- ☐ 3.9 ounce chocolate pudding mix instant
- ☐ 2 cups milk
- ☐ 1 cup peanut butter
- ☐ 8 ounce non-dairy whipped topping frozen thawed

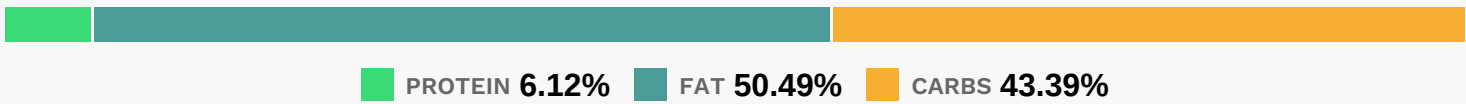
Equipment

- ☐ bowl
- ☐ microwave

Directions

- ☐ In a medium, microwave-safe bowl, combine butter and peanut butter.
- ☐ Heat in the microwave until soft; mix well. Gradually stir in confectioners' sugar until the mixture resembles a soft dough.
- ☐ Spread mixture into 2 pie crusts.
- ☐ In a small bowl, mix the milk with the instant pudding.
- ☐ Pour over the peanut butter mixture in each crust. Chill until firm.
- ☐ Top pies with whipped topping when ready to serve.

Nutrition Facts



Properties

Glycemic Index:14.67, Glycemic Load:3.08, Inflammation Score:-4, Nutrition Score:7.0713042539099%

Nutrients (% of daily need)

Calories: 462.7kcal (23.14%), Fat: 26.78g (41.21%), Saturated Fat: 12.48g (78.03%), Carbohydrates: 51.78g (17.26%), Net Carbohydrates: 50.3g (18.29%), Sugar: 45.05g (50.06%), Cholesterol: 35.76mg (11.92%), Sodium: 367.1mg (15.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.31g (14.62%), Manganese: 0.35mg (17.59%), Vitamin E: 2.41mg (16.06%), Vitamin B3: 3.08mg (15.38%), Phosphorus: 144.82mg (14.48%), Magnesium: 48.97mg (12.24%), Vitamin A: 434.41IU (8.69%), Calcium: 81.46mg (8.15%), Vitamin B2: 0.14mg (8.11%), Potassium: 233.09mg (6.66%), Vitamin B6: 0.13mg (6.45%), Copper: 0.13mg (6.42%), Fiber: 1.48g (5.92%), Zinc: 0.87mg (5.8%), Folate: 21.32µg (5.33%), Vitamin B12: 0.28µg (4.69%), Vitamin B1: 0.07mg (4.37%), Vitamin B5: 0.4mg (3.97%), Selenium: 2.66µg (3.8%), Iron: 0.67mg (3.72%), Vitamin D: 0.45µg (2.98%), Vitamin K: 1.92µg (1.83%)