



Chocolate-Peanut Butter Pie

READY IN



200 min.

SERVINGS



9

CALORIES



320 kcal

Ingredients

- 3 cups bread
- 3 tablespoons butter
- 1 tablespoon peanut butter
- 1 box peach pie filling instant (4-serving size) (not)
- 2 cups milk
- 0.3 cup peanut butter

Equipment

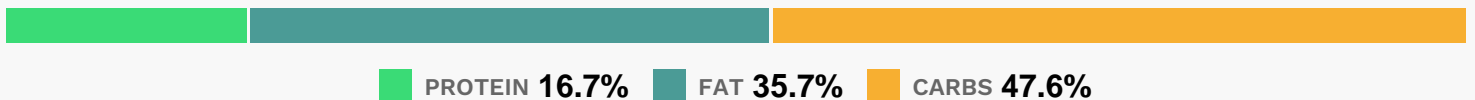
- oven
- ziploc bags

- microwave
- rolling pin
- measuring cup

Directions

- Heat oven to 350°F.
- Place cereal in resealable food-storage plastic bag; seal bag and crush with rolling pin.
- In ungreased 9-inch microwavable pie plate, mix butter and 1 tablespoon peanut butter. Microwave uncovered on High 30 seconds; stir until blended. Stir in crushed cereal until evenly coated. Press evenly on bottom and up side of pie plate.
- Bake 10 minutes.
- Place in freezer.
- Make pudding mix as directed on box for pie filling, except after cooling 5 minutes, add 2 tablespoons of the 1/4 cup peanut butter; stir a few times just until melted and marbled throughout.
- Pour into crust.
- In microwavable measuring cup, microwave remaining 2 tablespoons peanut butter uncovered on High 30 seconds.
- Drizzle over pie. Refrigerate at least 3 hours but no longer than 24 hours until filling is set.

Nutrition Facts



Properties

Glycemic Index:15.08, Glycemic Load:21.57, Inflammation Score:-5, Nutrition Score:16.259130385016%

Nutrients (% of daily need)

Calories: 319.91kcal (16%), Fat: 12.86g (19.79%), Saturated Fat: 3.27g (20.43%), Carbohydrates: 38.59g (12.86%), Net Carbohydrates: 33.43g (12.15%), Sugar: 7.04g (7.82%), Cholesterol: 6.51mg (2.17%), Sodium: 457.92mg (19.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.53g (27.07%), Manganese: 1.82mg (90.85%), Selenium: 21.74µg (31.06%), Phosphorus: 253.36mg (25.34%), Vitamin B3: 4.74mg (23.71%), Vitamin B1: 0.35mg (23.44%), Fiber: 5.16g (20.65%), Magnesium: 82.49mg (20.62%), Calcium: 201.03mg (20.1%), Vitamin B2: 0.22mg (13.21%),

Zinc: 1.84mg (12.25%), Vitamin B6: 0.24mg (12.18%), Iron: 2.17mg (12.08%), Copper: 0.22mg (10.82%), Folate: 40.86µg (10.22%), Potassium: 330.95mg (9.46%), Vitamin E: 1.41mg (9.42%), Vitamin B5: 0.84mg (8.42%), Vitamin K: 6.34µg (6.04%), Vitamin A: 257.16IU (5.14%), Vitamin B12: 0.3µg (4.96%), Vitamin D: 0.6µg (3.98%)