



## Chocolate Peanut Butter Pie II

READY IN



45 min.

SERVINGS



6

CALORIES



1514 kcal

### Ingredients

- ☐ 9 inch graham cracker crust prepared
- ☐ 8 ounce single serve ready-made fat free
- ☐ 0.3 cup reduced fat smooth peanut butter
- ☐ 8 ounce lite whipped topping frozen

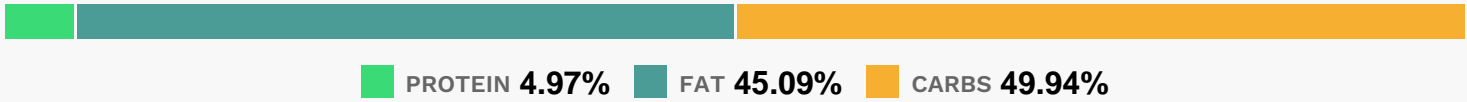
### Equipment

- ☐ mixing bowl

### Directions

- ☐
- In a mixing bowl, combine pudding and peanut butter; stir until smooth. Fold in whipped topping; stir until completely blended.
- ☐
- Pour filling into pie crust. Freeze pie until firm. Partially thaw in refrigerator, for about 2 hours or so, before serving. You can store leftovers in the refrigerator or freezer. Leftover pie sometimes gets a little soft in the refrigerator, and doesn't hold its shape. It still tastes good, though. If you want perfect looking slices after you make the first incision, store in freezer and thaw as needed.

## Nutrition Facts



## Properties

Glycemic Index:2.33, Glycemic Load:0.35, Inflammation Score:-7, Nutrition Score:26.539564949015%

## Nutrients (% of daily need)

Calories: 1514.32kcal (75.72%), Fat: 76.12g (117.11%), Saturated Fat: 18.62g (116.38%), Carbohydrates: 189.69g (63.23%), Net Carbohydrates: 183.55g (66.75%), Sugar: 57.19g (63.54%), Cholesterol: 0.76mg (0.25%), Sodium: 1465.14mg (63.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.88g (37.75%), Manganese: 3.49mg (174.6%), Vitamin K: 56.84µg (54.14%), Vitamin B3: 10.64mg (53.19%), Folate: 181.63µg (45.41%), Vitamin E: 6.21mg (41.42%), Iron: 7.03mg (39.05%), Phosphorus: 374.91mg (37.49%), Vitamin B2: 0.63mg (36.77%), Vitamin B1: 0.52mg (34.92%), Copper: 0.63mg (31.63%), Fiber: 6.14g (24.55%), Zinc: 3.59mg (23.93%), Magnesium: 85.52mg (21.38%), Vitamin B6: 0.26mg (13.25%), Potassium: 449.5mg (12.84%), Selenium: 8.12µg (11.61%), Calcium: 113.86mg (11.39%), Vitamin A: 484.11IU (9.68%), Vitamin B5: 0.61mg (6.06%), Vitamin B12: 0.08µg (1.26%)