



Chocolate Peanut Butter Pie IV

READY IN



45 min.

SERVINGS



10

CALORIES



250 kcal

Ingredients

- ☐ 1 9-inch chocolate cookie crumb crust prepared
- ☐ 0.3 cup chocolate sandwich cookies crushed
- ☐ 3.9 ounce chocolate pudding mix instant
- ☐ 2 cups milk cold
- ☐ 0.7 cup smooth peanut butter
- ☐ 8 ounce non-dairy whipped topping frozen thawed

Equipment

- ☐ bowl
- ☐ whisk

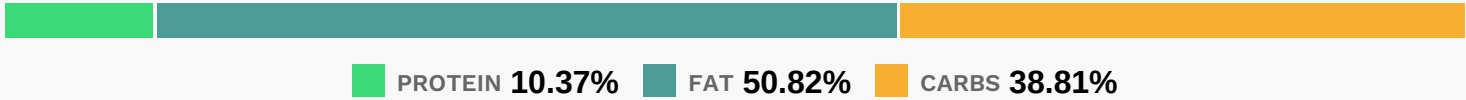
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microwave

Directions

- ☐
- Place peanut butter in a microwave-safe bowl. Microwave on high for 30 seconds.
- ☐
- Spread warm peanut butter into bottom of pie crust.
- ☐
- In a medium bowl, whisk together pudding mix and milk until smooth.
- ☐
- Pour pudding over peanut butter layer. Chill before serving. Top with whipped topping and crushed cookies.

Nutrition Facts



Properties

Glycemic Index:5.2, Glycemic Load:1.29, Inflammation Score:-3, Nutrition Score:6.4743478660998%

Nutrients (% of daily need)

Calories: 249.8kcal (12.49%), Fat: 14.57g (22.42%), Saturated Fat: 5.61g (35.03%), Carbohydrates: 25.04g (8.35%), Net Carbohydrates: 23.66g (8.6%), Sugar: 19.21g (21.34%), Cholesterol: 6.31mg (2.1%), Sodium: 287.86mg (12.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.69g (13.38%), Manganese: 0.33mg (16.54%), Phosphorus: 137.44mg (13.74%), Vitamin B3: 2.53mg (12.64%), Vitamin E: 1.84mg (12.29%), Magnesium: 44.02mg (11.01%), Calcium: 87mg (8.7%), Vitamin B2: 0.14mg (8.21%), Potassium: 231.81mg (6.62%), Copper: 0.13mg (6.6%), Iron: 1.11mg (6.17%), Vitamin B6: 0.11mg (5.66%), Fiber: 1.38g (5.52%), Vitamin B12: 0.31µg (5.15%), Zinc: 0.77mg (5.12%), Folate: 19.13µg (4.78%), Vitamin B1: 0.07mg (4.5%), Selenium: 2.73µg (3.9%), Vitamin B5: 0.38mg (3.83%), Vitamin D: 0.54µg (3.58%), Vitamin K: 2.55µg (2.43%), Vitamin A: 95.95IU (1.92%)