



Chocolate Peanut Butter Pie VI

READY IN



140 min.

SERVINGS



8

CALORIES



418 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon butter
- ☐ 0.7 cup confectioners' sugar
- ☐ 0.3 cup cornstarch
- ☐ 4 egg yolks
- ☐ 2 cups milk
- ☐ 0.3 cup peanut butter
- ☐ 1 9-inch pie crust ()
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup cocoa powder unsweetened

☐ 1 cup sugar white

Equipment

☐ bowl

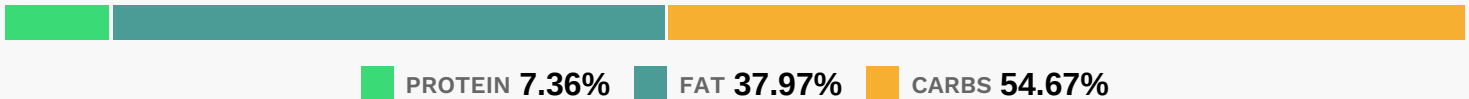
☐ sauce pan

☐ whisk

Directions

- ☐ In a medium saucepan, combine milk, butter, and salt.
- ☐ Place over low heat and bring to a simmer. In a medium bowl, beat together egg yolks, cocoa powder, white sugar, and cornstarch.
- ☐ Slowly whisk 1/2 cup of hot milk mixture into egg yolk mixture, blending well. Gradually add egg yolk mixture to remaining milk mixture, whisking constantly. Return to heat and allow to boil 2 minutes, stirring constantly.
- ☐ Remove from heat and allow to cool.
- ☐ In a small bowl mix together confectioners' sugar and peanut butter until thoroughly combined. Crumble mixture into pastry shell.
- ☐ Pour cooled chocolate mixture over peanut butter crumbles. Chill 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:21.51, Glycemic Load:18.8, Inflammation Score:-3, Nutrition Score:8.6473912881768%

Flavonoids

Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 418.15kcal (20.91%), Fat: 18.22g (28.03%), Saturated Fat: 6.24g (38.98%), Carbohydrates: 59.03g (19.68%), Net Carbohydrates: 56.85g (20.67%), Sugar: 38.89g (43.21%), Cholesterol: 108.28mg (36.09%), Sodium: 261.29mg

(11.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 6.18mg (2.06%), Protein: 7.95g (15.89%), Manganese: 0.38mg (19.15%), Phosphorus: 171.99mg (17.2%), Selenium: 8.83µg (12.61%), Vitamin B2: 0.21mg (12.26%), Vitamin B3: 2.23mg (11.15%), Magnesium: 43.29mg (10.82%), Folate: 40.8µg (10.2%), Calcium: 101.02mg (10.1%), Vitamin E: 1.4mg (9.34%), Vitamin B1: 0.14mg (9.05%), Copper: 0.18mg (8.92%), Fiber: 2.18g (8.73%), Vitamin B12: 0.51µg (8.46%), Iron: 1.5mg (8.33%), Vitamin D: 1.16µg (7.71%), Vitamin B5: 0.72mg (7.21%), Zinc: 1.03mg (6.89%), Vitamin B6: 0.13mg (6.61%), Potassium: 228.34mg (6.52%), Vitamin A: 272.58IU (5.45%), Vitamin K: 2.29µg (2.18%)