



Chocolate & Peanut Butter Ribbon Dessert

READY IN



255 min.

SERVINGS



12

CALORIES



328 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 2 Tbsp butter melted
- 8 oz philadelphia cream cheese softened
- 0.5 cup creamy peanut butter
- 12 peanut butter sandwich cookies divided
- 2 oz baker's semi-sweet chocolate melted
- 0.5 cup sugar
- 2 tsp vanilla
- 12 oz cool whip whipped topping divided thawed

Equipment

- bowl
- whisk
- blender
- loaf pan
- aluminum foil

Directions

- Crush 8 cookies into fine crumbs; mix with butter. Press onto bottom of foil-lined 9x5-inch loaf pan.
- Beat next 4 ingredients in large bowl with mixer until blended.
- Whisk in 3 cups COOL WHIP.
- Spoon 1/2 cup cream cheese mixture into small bowl; stir in melted chocolate until blended.
- Spread half the remaining cream cheese mixture onto crust; top with chocolate mixture. Cover with remaining cream cheese mixture.
- Freeze 4 hours or until firm. Invert dessert onto plate.
- Remove foil, then re-invert dessert onto platter so crumb layer is on bottom. Coarsely break remaining cookies. Top dessert with remaining COOL WHIP and broken cookies.

Nutrition Facts



PROTEIN 6.4% **FAT 58.39%** **CARBS 35.21%**

Properties

Glycemic Index:13.42, Glycemic Load:6.36, Inflammation Score:-4, Nutrition Score:5.773913025856%

Nutrients (% of daily need)

Calories: 327.93kcal (16.4%), Fat: 21.76g (33.47%), Saturated Fat: 11.04g (69.02%), Carbohydrates: 29.52g (9.84%), Net Carbohydrates: 28.28g (10.28%), Sugar: 23.56g (26.17%), Cholesterol: 25.03mg (8.34%), Sodium: 188.27mg (8.19%), Alcohol: 0.24g (100%), Alcohol %: 0.35% (100%), Caffeine: 4.66mg (1.55%), Protein: 5.37g (10.73%), Manganese: 0.31mg (15.28%), Vitamin E: 1.66mg (11.09%), Iron: 1.99mg (11.06%), Phosphorus: 101.7mg (10.17%), Vitamin B3: 1.83mg (9.15%), Magnesium: 35.94mg (8.99%), Copper: 0.15mg (7.58%), Vitamin B2: 0.12mg (7.26%),

Vitamin A: 336.55IU (6.73%), Selenium: 3.84µg (5.49%), Calcium: 49.91mg (4.99%), Fiber: 1.24g (4.97%), Vitamin K: 5.13µg (4.89%), Potassium: 170.85mg (4.88%), Folate: 19.19µg (4.8%), Zinc: 0.61mg (4.09%), Vitamin B6: 0.07mg (3.43%), Vitamin B1: 0.05mg (3.35%), Vitamin B5: 0.27mg (2.75%), Vitamin B12: 0.11µg (1.85%)