



WHATSheATE



Crispy Peanut Butterscotch Pie

READY IN



45 min.

SERVINGS



6

CALORIES



188 kcal

SIDE DISH

Ingredients

- ☐ 1 ounce butterscotch topping fat free sugar-free
- ☐ 0.3 cup creamy peanut butter
- ☐ 1.5 cups crisp rice cereal (such as Rice Krispies)
- ☐ 2 cups fat-free milk fat-free
- ☐ 1 tablespoon honey
- ☐ 1.5 cups non-dairy whipped topping fat-free frozen divided thawed

Equipment

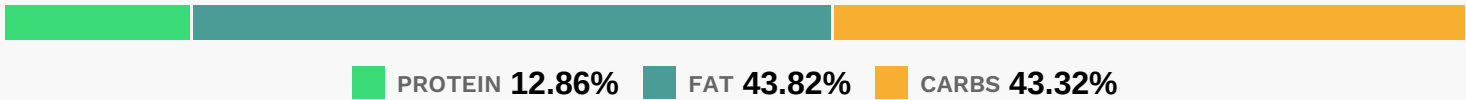
- ☐ bowl

- ☐ frying pan
- ☐ cake form
- ☐ wax paper
- ☐ microwave

Directions

- ☐ Combine peanut butter and honey in a medium microwave-safe bowl; microwave at HIGH 30 seconds, stirring until mixture melts. Stir in rice cereal. Using wax paper, press cereal mixture into bottom of an 8- inch round cake pan.
- ☐ Prepare pudding mix according to package directions for pudding, using 2 cups milk; fold in 1 cup whipped topping. Spoon pudding mixture into prepared pan. Cover and freeze until firm.
- ☐ Let pie stand at room temperature 15 minutes before serving. Spoon remaining whipped topping over each serving. If desired, sprinkle with ground cinnamon and additional cereal.

Nutrition Facts



Properties

Glycemic Index:26.59, Glycemic Load:5, Inflammation Score:0, Nutrition Score:5.6752173549941%

Nutrients (% of daily need)

Calories: 187.92kcal (9.4%), Fat: 9.43g (14.5%), Saturated Fat: 4.4g (27.49%), Carbohydrates: 20.97g (6.99%), Net Carbohydrates: 20.38g (7.41%), Sugar: 15.72g (17.47%), Cholesterol: 2.83mg (0.94%), Sodium: 97.68mg (4.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.22g (12.45%), Phosphorus: 144.81mg (14.48%), Calcium: 128.62mg (12.86%), Vitamin B2: 0.16mg (9.51%), Vitamin B12: 0.52µg (8.6%), Vitamin B3: 1.72mg (8.58%), Manganese: 0.16mg (8.15%), Magnesium: 30.99mg (7.75%), Vitamin E: 1.11mg (7.4%), Potassium: 226.21mg (6.46%), Vitamin D: 0.9µg (5.99%), Vitamin B1: 0.09mg (5.71%), Vitamin B6: 0.1mg (5.02%), Zinc: 0.72mg (4.82%), Folate: 18.74µg (4.69%), Selenium: 3.1µg (4.43%), Vitamin B5: 0.41mg (4.15%), Vitamin A: 180.52IU (3.61%), Copper: 0.06mg (3.06%), Fiber: 0.59g (2.35%), Iron: 0.36mg (1.98%)