



Easy Peanut Butter Cheesecake

READY IN



15 min.

SERVINGS



6

CALORIES



431 kcal

DESSERT

Ingredients

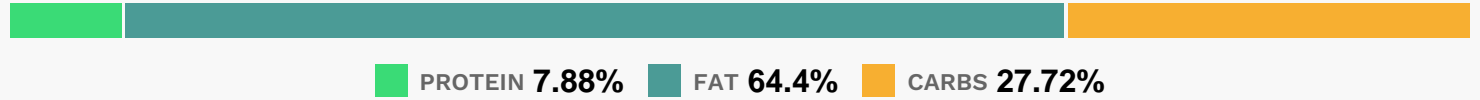
- 1 shortbread cookie premade pie crust
- 8 oz philadelphia cream cheese room temperature ()
- 0.5 cup creamy peanut butter
- 0.3 cup baker's semi-sweet chocolate morsels
- 0.3 cup sugar
- 8 oz cool whip whipped topping

Equipment

Directions

- MIX whipped topping and cream cheese together until blended well.
- ADD sugar and peanut butter until completely mixed.
- FILL pie crust and top with chocolate morsels. For firmer pie refrigerate 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:18.52, Glycemic Load:8.85, Inflammation Score:-5, Nutrition Score:7.797826020614%

Nutrients (% of daily need)

Calories: 431.14kcal (21.56%), Fat: 31.81g (48.93%), Saturated Fat: 15.69g (98.08%), Carbohydrates: 30.8g (10.27%), Net Carbohydrates: 29.19g (10.61%), Sugar: 26.41g (29.35%), Cholesterol: 39.37mg (13.12%), Sodium: 239.83mg (10.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.27mg (2.09%), Protein: 8.75g (17.5%), Manganese: 0.42mg (20.82%), Vitamin E: 2.52mg (16.77%), Phosphorus: 160.49mg (16.05%), Vitamin B3: 3mg (14.98%), Magnesium: 55.26mg (13.82%), Vitamin A: 539.26IU (10.79%), Vitamin B2: 0.17mg (9.88%), Copper: 0.19mg (9.63%), Selenium: 5.72µg (8.17%), Calcium: 78.67mg (7.87%), Potassium: 251.1mg (7.17%), Fiber: 1.62g (6.47%), Zinc: 0.97mg (6.45%), Vitamin B6: 0.13mg (6.33%), Folate: 23.14µg (5.79%), Iron: 0.92mg (5.13%), Vitamin B5: 0.47mg (4.65%), Vitamin B1: 0.05mg (3.25%), Vitamin B12: 0.17µg (2.86%), Vitamin K: 2.59µg (2.47%)