

No-Bake Chocolate Peanut Butter Pie

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



623 kcal

DESSERT

Ingredients

- 2 tablespoons cream cheese plain (I use Daiya)
- 1 cup creamy peanut butter (I used Earth Balance)
- 0.3 cup chocolate chips dark (I used Enjoy Life brand)
- 10 peanut butter cups dark (I used Justin's Chocolate Cups)
- 1.3 cups powdered sugar sifted
- 0.5 cup roasted peanuts salted
- 5 tablespoons country crock buttery spread
- 3 tablespoons vanilla yogurt (I used So Delicious brand)

- 1.5 containers non-dairy whipped topping thawed (I used So Delicious brand)

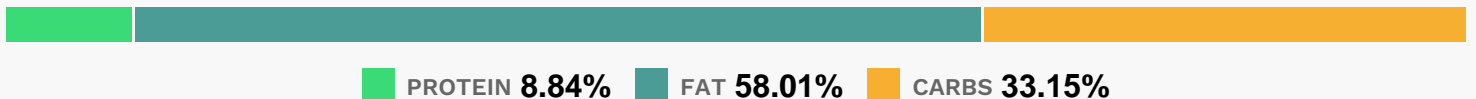
Equipment

- food processor
- bowl
- knife
- stand mixer

Directions

- CRUST:Crush the cookies in a food processor until fine crumbs.
- Transfer to a small bowl and add the earth balance.
- Combine with a fork, or hands until fully blended and begins to take shape.Press evenly into a 9 inch pie plate. My crust ended at about 1/2 inch before the rim.Chill in the freezer while preparing the filling.FILLING:In a stand mixer set with a paddle attachment, or using a hand held mixer set on medium speed, beat peanut butter with the cream cheese.After about a minute add the coconut yogurt.Once combined, reduce to low speed and add sifted powdered sugar, increase back to medium speed and beat until smooth.Turn off mixer, then add in 1/2 cup peanuts, and broken pieces of peanut butter cups and combine well.Fold in thawed whipped topping until well blended.
- Pour the filling into the chilled crust and spread evenly.
- Sprinkle the 3 tablespoons of peanuts, dark chocolate chips, and the reserved cookie crumbs on top.Chill for at least another 90 minutes before serving.Slice with a sharp knife to pierce through all the peanut butter chunks in the pie.

Nutrition Facts



Properties

Glycemic Index:5.13, Glycemic Load:0.84, Inflammation Score:-6, Nutrition Score:12.529565217391%

Taste

Sweetness: 100%, Saltiness: 4.8%, Sourness: 3.03%, Bitterness: 1.54%, Savoriness: 1.85%, Fattiness: 93.52%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 623.11kcal (31.16%), Fat: 41.75g (64.23%), Saturated Fat: 14.89g (93.08%), Carbohydrates: 53.68g (17.89%), Net Carbohydrates: 50.34g (18.31%), Sugar: 44.84g (49.83%), Cholesterol: 6.22mg (2.07%), Sodium: 363.49mg (15.8%), Protein: 14.31g (28.63%), Manganese: 0.7mg (34.85%), Vitamin B3: 6.72mg (33.59%), Vitamin E: 5mg (33.3%), Phosphorus: 231.65mg (23.17%), Magnesium: 89.53mg (22.38%), Folate: 53.46µg (13.37%), Fiber: 3.34g (13.36%), Copper: 0.26mg (13.21%), Potassium: 428.03mg (12.23%), Zinc: 1.6mg (10.65%), Calcium: 105.16mg (10.52%), Vitamin B6: 0.21mg (10.45%), Vitamin B2: 0.17mg (9.87%), Vitamin A: 429.89IU (8.6%), Vitamin B1: 0.13mg (8.37%), Vitamin B5: 0.7mg (7.05%), Vitamin K: 7.25µg (6.91%), Iron: 1.16mg (6.44%), Selenium: 4.41µg (6.29%), Vitamin B12: 0.2µg (3.39%)