



## Fluffy Peanut Butter Pie

READY IN



**310 min.**

SERVINGS



**8**

CALORIES



**731 kcal**

DESSERT

### Ingredients

- 0.3 cup butter
- 2 teaspoons chocolate syrup
- 8 ounce cream cheese softened
- 2.5 cups rice cereal crispy
- 1 cup heavy whipping cream
- 3 tablespoons juice of lemon
- 0.8 cup peanut butter
- 1 cup semi chocolate chips
- 14 ounce condensed milk sweetened canned

1 teaspoon vanilla extract

## Equipment

- bowl
- sauce pan
- pie form

## Directions

- To Make Crust: In a heavy saucepan, over low heat, melt butter and chocolate chips.
- Remove from heat. Gently stir in rice cereal until all pieces are completely coated.
- Press mixture into bottom and up sides of a lightly greased 9 inch pie pan.
- Let chill for 30 minutes.
- To Make Filling: In a large bowl, beat cream cheese until fluffy. Beat in condensed milk and peanut butter to cream cheese until smooth. Stir in lemon juice and vanilla, then fold in whipped cream.
- Pour mixture into pie crust.
- Drizzle syrup over top of pie; gently swirl with a spoon. Cover and refrigerate pie for 4 hours or until set. Refrigerate leftovers.

## Nutrition Facts



## Properties

Glycemic Index:19, Glycemic Load:17.48, Inflammation Score:-8, Nutrition Score:15.21999997678%

## Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 730.62kcal (36.53%), Fat: 53.54g (82.37%), Saturated Fat: 27.58g (172.39%), Carbohydrates: 52.98g (17.66%), Net Carbohydrates: 49.89g (18.14%), Sugar: 40.55g (45.06%), Cholesterol: 100.8mg (33.6%), Sodium:

328.18mg (14.27%), Alcohol: 0.17g (100%), Alcohol %: 0.12% (100%), Caffeine: 19.42mg (6.48%), Protein: 13.87g (27.73%), Manganese: 0.67mg (33.29%), Phosphorus: 324.85mg (32.48%), Magnesium: 101.16mg (25.29%), Vitamin A: 1198.47IU (23.97%), Vitamin B2: 0.41mg (23.84%), Calcium: 217.2mg (21.72%), Vitamin E: 3.17mg (21.11%), Copper: 0.42mg (20.99%), Selenium: 14.28µg (20.41%), Vitamin B3: 3.78mg (18.88%), Potassium: 532.11mg (15.2%), Zinc: 1.98mg (13.17%), Fiber: 3.09g (12.37%), Iron: 2.2mg (12.2%), Folate: 40.42µg (10.1%), Vitamin B5: 0.95mg (9.52%), Vitamin B6: 0.17mg (8.49%), Vitamin B1: 0.13mg (8.36%), Vitamin B12: 0.38µg (6.41%), Vitamin C: 3.65mg (4.42%), Vitamin K: 4.21µg (4.01%), Vitamin D: 0.58µg (3.83%)