



Frozen Butterfinger Pie

READY IN



45 min.

SERVINGS



9

CALORIES



471 kcal

DESSERT

Ingredients

- ☐ 2.1 ounce chocolate-covered peanut-buttery candy bar crispy chopped (such as Butterfinger)
- ☐ 3 tablespoons light-colored corn syrup
- ☐ 3 tablespoons creamy peanut butter
- ☐ 1 large egg white
- ☐ 1 tablespoon milk fat-free
- ☐ 4 cups vanilla yogurt fat-free frozen
- ☐ 40 chocolate graham crackers (10 full cookie sheets)
- ☐ 1.5 tablespoons stick margarine melted

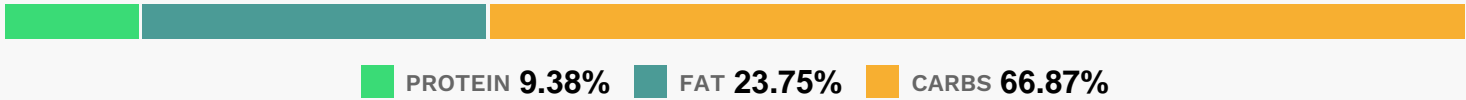
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ plastic wrap

Directions

- ☐ Preheat oven to 35
- ☐ Place graham crackers in a food processor; pulse until crumbly.
- ☐ Add butter and egg white; pulse until moist. Press crumb mixture into a 9-inch pie plate coated with cooking spray.
- ☐ Bake at 350 for 8 minutes; cool on a wire rack 15 minutes. Freeze 15 minutes.
- ☐ Remove yogurt from freezer, and let stand at room temperature for 15 minutes to soften. Spoon half of yogurt into prepared crust.
- ☐ Combine the corn syrup, peanut butter, and milk in a small bowl, stirring until smooth.
- ☐ Drizzle half of the peanut butter mixture over the yogurt in crust.
- ☐ Sprinkle with half of chopped candy bar. Repeat the procedure with remaining yogurt, peanut butter mixture, and candy bar. Cover with plastic wrap, and freeze for 3 hours or until firm.

Nutrition Facts



Properties

Glycemic Index:15.58, Glycemic Load:34.75, Inflammation Score:-4, Nutrition Score:9.7804348361881%

Nutrients (% of daily need)

Calories: 471.41kcal (23.57%), Fat: 12.55g (19.31%), Saturated Fat: 3.01g (18.82%), Carbohydrates: 79.55g (26.52%), Net Carbohydrates: 77.12g (28.04%), Sugar: 45.53g (50.59%), Cholesterol: 3.02mg (1.01%), Sodium: 543.07mg (23.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.16g (22.31%), Phosphorus: 280.94mg (28.09%),

Calcium: 231.02mg (23.1%), Vitamin B2: 0.38mg (22.51%), Vitamin B3: 3.18mg (15.9%), Magnesium: 62.81mg (15.7%), Iron: 2.77mg (15.38%), Zinc: 2.19mg (14.59%), Vitamin B1: 0.2mg (13.32%), Selenium: 7.57µg (10.81%), Folate: 43.21µg (10.8%), Potassium: 373.76mg (10.68%), Fiber: 2.43g (9.72%), Vitamin B12: 0.55µg (9.15%), Vitamin B6: 0.13mg (6.54%), Manganese: 0.12mg (5.84%), Vitamin E: 0.7mg (4.67%), Copper: 0.05mg (2.7%), Vitamin A: 112.62IU (2.25%), Vitamin K: 1.43µg (1.36%)