



Frozen Peanut Butter Brittle Pie

READY IN



45 min.

SERVINGS



8

CALORIES



347 kcal

DESSERT

Ingredients

- 0.3 cup plus light
- 3 tablespoons creamy peanut butter
- 6 ounce graham cracker crust reduced-fat
- 2 cups ice-cream chocolate shell low-fat softened
- 2 cups whipped cream low-fat softened
- 2 tablespoons peanut brittle divided crushed
- 4 teaspoons peanut brittle crushed
- 8 tablespoons non-dairy whipped topping fat-free frozen thawed

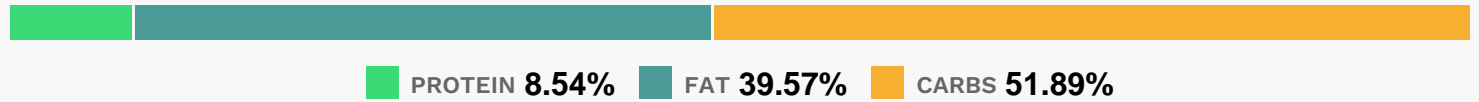
Equipment

- bowl

Directions

- Combine corn syrup and peanut butter in a small bowl.
- Spoon chocolate ice cream into crust; place in freezer 30 minutes.
- Spread with half of peanut butter mixture, and sprinkle with 1 tablespoon peanut brittle.
- Spread vanilla ice cream over peanut brittle; place in freezer 30 minutes.
- Spread with remaining peanut butter mixture, and sprinkle with 1 tablespoon peanut brittle. Freeze 3 hours or until firm.
- Place pie in refrigerator 20 minutes before serving to soften. Dollop with whipped topping, and sprinkle with 4 teaspoons crushed peanut brittle.

Nutrition Facts



Properties

Glycemic Index:14.81, Glycemic Load:7.73, Inflammation Score:-4, Nutrition Score:7.860869495765%

Nutrients (% of daily need)

Calories: 346.96kcal (17.35%), Fat: 15.62g (24.02%), Saturated Fat: 4.96g (30.97%), Carbohydrates: 46.08g (15.36%), Net Carbohydrates: 44.48g (16.17%), Sugar: 31.17g (34.63%), Cholesterol: 21.62mg (7.21%), Sodium: 191.92mg (8.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.58g (15.17%), Manganese: 0.53mg (26.65%), Calcium: 142.21mg (14.22%), Vitamin B2: 0.24mg (13.95%), Phosphorus: 138.22mg (13.82%), Vitamin B3: 2.39mg (11.95%), Magnesium: 37.75mg (9.44%), Folate: 35.46µg (8.87%), Copper: 0.16mg (8.19%), Vitamin B1: 0.12mg (8.18%), Vitamin E: 1.07mg (7.1%), Potassium: 243.41mg (6.95%), Zinc: 1.03mg (6.83%), Vitamin A: 339.83IU (6.8%), Iron: 1.19mg (6.59%), Fiber: 1.6g (6.4%), Vitamin B12: 0.3µg (4.97%), Vitamin K: 5.05µg (4.81%), Vitamin B5: 0.47mg (4.66%), Vitamin B6: 0.09mg (4.57%), Selenium: 2.96µg (4.23%), Vitamin C: 0.91mg (1.11%)