



## Frozen Peanut Butter Pie

READY IN



45 min.

SERVINGS



10

CALORIES



291 kcal

DESSERT

### Ingredients

- ☐ 1.7 cups chocolate graham cracker crumbs ()
- ☐ 4 ounces weight cream cheese fat-free softened
- ☐ 0.7 cup crunchy peanut butter reduced-fat
- ☐ 3 tablespoons roasted peanuts salted finely chopped
- ☐ 2 large egg whites lightly beaten
- ☐ 1.3 cups skim milk fat-free
- ☐ 1 ounce chocolate shaved
- ☐ 7 tablespoons sugar divided
- ☐ 0.5 teaspoon vanilla

☐ 8 ounce cool whip fat-free frozen thawed

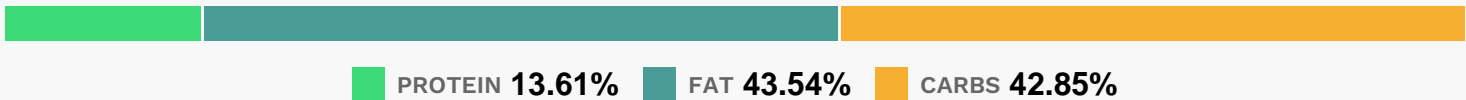
## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender

## Directions

- ☐ Preheat oven to 350
- ☐ Combine crumbs, 3 tablespoons sugar, and egg whites; toss with a fork until moist. Press into bottom and up sides of a 9-inch deep-dish pie plate coated with cooking spray. Prick crust with a fork before baking.
- ☐ Bake at 350 for 10 minutes.
- ☐ Remove from oven; cool on a wire rack.
- ☐ Combine milk and remaining 1/4 cup sugar in a heavy saucepan over medium-low heat. Cook 2 minutes or until sugar dissolves, stirring constantly; transfer mixture to a bowl.
- ☐ Add peanut butter and vanilla, stirring with a whisk until combined. Cover and chill 30 minutes.
- ☐ Place cream cheese in a large bowl, and beat with a mixer at medium speed until light and fluffy.
- ☐ Add milk mixture, beating on low speed until combined. Fold in whipped topping; pour mixture into prepared piecrust. Freeze, uncovered, 8 hours or overnight or until hard.
- ☐ Sprinkle with peanuts and shaved chocolate.
- ☐ Transfer pie to refrigerator 30 minutes before slicing.

## Nutrition Facts



## Properties

Glycemic Index:14.59, Glycemic Load:7.03, Inflammation Score:-3, Nutrition Score:7.6956522088984%

## Nutrients (% of daily need)

Calories: 290.61kcal (14.53%), Fat: 14.66g (22.56%), Saturated Fat: 3.28g (20.53%), Carbohydrates: 32.47g (10.82%), Net Carbohydrates: 30.58g (11.12%), Sugar: 20.87g (23.19%), Cholesterol: 5.91mg (1.97%), Sodium: 266.56mg (11.59%), Alcohol: 0.07g (100%), Alcohol %: 0.07% (100%), Protein: 10.31g (20.63%), Manganese: 0.4mg (19.93%), Phosphorus: 179.15mg (17.91%), Vitamin B2: 0.27mg (15.87%), Vitamin B3: 2.98mg (14.88%), Calcium: 116.71mg (11.67%), Magnesium: 44.5mg (11.12%), Vitamin B12: 0.63µg (10.45%), Potassium: 278.03mg (7.94%), Fiber: 1.89g (7.56%), Vitamin E: 1.11mg (7.42%), Copper: 0.15mg (7.34%), Folate: 28.39µg (7.1%), Selenium: 4.93µg (7.05%), Vitamin B6: 0.13mg (6.63%), Zinc: 0.96mg (6.42%), Vitamin B1: 0.08mg (5.59%), Vitamin B5: 0.45mg (4.53%), Iron: 0.51mg (2.84%), Vitamin D: 0.34µg (2.25%), Vitamin A: 108.17IU (2.16%)