



Frozen Peanut Butter Pie

READY IN



12 min.

SERVINGS



12

CALORIES



250 kcal

DESSERT

Ingredients

- ☐ 12 servings chocolate ganache
- ☐ 1 9-inch chocolate pie crust prepared ()
- ☐ 8 ounce cream cheese softened
- ☐ 0.7 cup creamy peanut butter
- ☐ 0.5 cup powdered sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 12 servings garnishes: whipped cream chopped
- ☐ 1 cup whipping cream

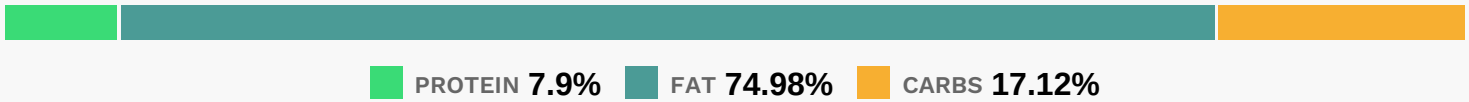
Equipment

- ☐ bowl
- ☐ hand mixer

Directions

- ☐ Beat whipping cream at medium speed with an electric mixer until soft peaks form.
- ☐ Combine cream cheese and next 3 ingredients; beat until creamy, stopping to scrape down sides of bowl as needed. Fold in whipped cream. Spoon cream cheese mixture into piecrust. Freeze 1 hour.
- ☐ Spread Chocolate Ganache over pie. Freeze 2 hours or until firm.
- ☐ Let stand 10 minutes before serving.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:11.3, Glycemic Load:1.16, Inflammation Score:-4, Nutrition Score:4.6921738703614%

Nutrients (% of daily need)

Calories: 250.01kcal (12.5%), Fat: 21.59g (33.22%), Saturated Fat: 10.2g (63.73%), Carbohydrates: 11.09g (3.7%), Net Carbohydrates: 10.32g (3.75%), Sugar: 8.8g (9.78%), Cholesterol: 41.5mg (13.83%), Sodium: 128.84mg (5.6%), Alcohol: 0.11g (100%), Alcohol %: 0.24% (100%), Protein: 5.12g (10.24%), Manganese: 0.23mg (11.47%), Vitamin E: 1.66mg (11.09%), Vitamin A: 545.37IU (10.91%), Vitamin B3: 2.01mg (10.03%), Phosphorus: 83.99mg (8.4%), Magnesium: 29.39mg (7.35%), Vitamin B2: 0.11mg (6.72%), Vitamin B6: 0.08mg (4.14%), Selenium: 2.87µg (4.11%), Calcium: 39.46mg (3.95%), Folate: 15.46µg (3.86%), Copper: 0.08mg (3.81%), Potassium: 131.82mg (3.77%), Zinc: 0.53mg (3.56%), Vitamin B5: 0.32mg (3.17%), Fiber: 0.77g (3.1%), Vitamin D: 0.32µg (2.12%), Vitamin B1: 0.03mg (2.02%), Iron: 0.33mg (1.82%), Vitamin B12: 0.07µg (1.24%), Vitamin K: 1.2µg (1.14%)