



Frozen Peanut Butter Pie

READY IN



285 min.

SERVINGS



45

CALORIES



138 kcal

DESSERT

Ingredients

- 5 Tbsp butter melted
- 8 oz philadelphia cream cheese softened
- 1 cup creamy peanut butter
- 3 cups peanut butter sandwich cookies crushed finely
- 0.8 cup sugar
- 1 Tbsp vanilla
- 8 oz cool whip whipped topping divided thawed

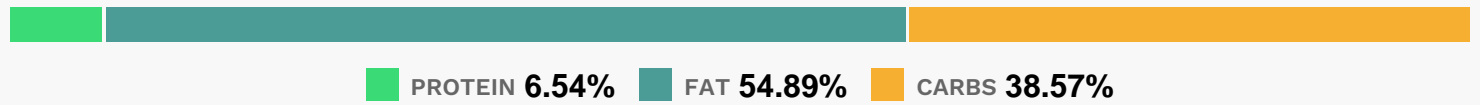
Equipment

- bowl
- blender

Directions

- Mix cookie crumbs and butter; press onto bottom and up side of 9-inch pie plate.
- Beat next 4 ingredients in medium bowl with mixer until well blended. Stir in 1-1/2 cups COOL WHIP; spoon into crust.
- Freeze 4 hours or until firm.
- Remove from freezer 30 min. before serving.
- Let stand at room temperature to soften slightly. Top with remaining COOL WHIP.

Nutrition Facts



Properties

Glycemic Index:3.58, Glycemic Load:2.54, Inflammation Score:-2, Nutrition Score:2.7839130590791%

Nutrients (% of daily need)

Calories: 137.63kcal (6.88%), Fat: 8.65g (13.31%), Saturated Fat: 3.58g (22.38%), Carbohydrates: 13.68g (4.56%), Net Carbohydrates: 13.09g (4.76%), Sugar: 9.69g (10.76%), Cholesterol: 8.58mg (2.86%), Sodium: 95.64mg (4.16%), Alcohol: 0.1g (100%), Alcohol %: 0.4% (100%), Protein: 2.32g (4.64%), Manganese: 0.16mg (7.89%), Iron: 1.4mg (7.79%), Vitamin E: 0.89mg (5.94%), Vitamin B3: 1.05mg (5.26%), Phosphorus: 38.87mg (3.89%), Magnesium: 15.58mg (3.89%), Vitamin B2: 0.05mg (3.17%), Vitamin K: 3.32µg (3.16%), Copper: 0.06mg (3.08%), Folate: 12.09µg (3.02%), Fiber: 0.58g (2.34%), Vitamin A: 111.06IU (2.22%), Vitamin B1: 0.03mg (2.08%), Potassium: 69.91mg (2%), Selenium: 1.38µg (1.97%), Zinc: 0.26mg (1.71%), Vitamin B6: 0.03mg (1.59%), Calcium: 13.96mg (1.4%), Vitamin B5: 0.12mg (1.23%)