



Frozen Peanut Butter Turtle Pie

READY IN



260 min.

SERVINGS



10

CALORIES



325 kcal

DESSERT

Ingredients

- 0.3 cup caramel ice cream topping
- 8 oz philadelphia cream cheese spread
- 0.3 cup creamy peanut butter
- 6 oz oreo pie crust
- 0.3 cup planters pecans toasted coarsely chopped
- 2 oz baker's semi-sweet chocolate
- 0.5 cup sugar
- 2 cups cool whip whipped topping thawed

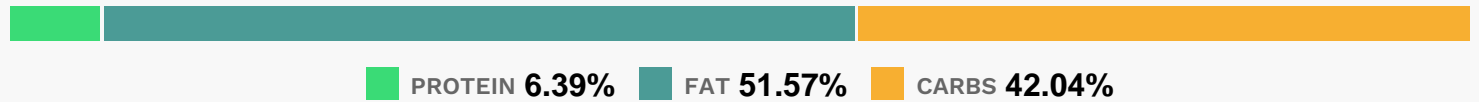
Equipment

- bowl
- blender

Directions

- Beat cream cheese spread, peanut butter and sugar in large bowl with mixer until blended.
- Add COOL WHIP; mix well.
- Spread caramel topping onto bottom of crust; cover with cream cheese mixture. Freeze 4 hours or until firm.
- Top with nuts just before serving. Melt chocolate as directed on package; drizzle over pie.

Nutrition Facts



Properties

Glycemic Index:9.41, Glycemic Load:7.2, Inflammation Score:-3, Nutrition Score:4.5782608133943%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg

Nutrients (% of daily need)

Calories: 325.17kcal (16.26%), Fat: 19.01g (29.25%), Saturated Fat: 7.98g (49.85%), Carbohydrates: 34.88g (11.63%), Net Carbohydrates: 33.47g (12.17%), Sugar: 25.41g (28.23%), Cholesterol: 14.7mg (4.9%), Sodium: 259.1mg (11.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.88mg (1.63%), Protein: 5.3g (10.6%), Manganese: 0.32mg (15.79%), Phosphorus: 87.53mg (8.75%), Magnesium: 33.77mg (8.44%), Vitamin B3: 1.65mg (8.26%), Copper: 0.14mg (6.94%), Vitamin E: 0.93mg (6.2%), Iron: 1.09mg (6.04%), Fiber: 1.41g (5.64%), Vitamin B1: 0.08mg (5.49%), Folate: 20.41µg (5.1%), Calcium: 50.2mg (5.02%), Vitamin A: 235.86IU (4.72%), Vitamin B2: 0.07mg (4.18%), Potassium: 130.8mg (3.74%), Zinc: 0.5mg (3.31%), Vitamin B6: 0.05mg (2.42%), Selenium: 1.42µg (2.02%), Vitamin B5: 0.14mg (1.38%)