



Mini Chocolate-Peanut Butter Pies

READY IN



35 min.

SERVINGS



36

CALORIES



70 kcal

DESSERT

Ingredients

- ☐ 2.3 cups bread crushed
- ☐ 0.3 cup butter melted
- ☐ 3 tablespoons sugar
- ☐ 1 cup cool whip frozen thawed
- ☐ 2 cups chocolate pudding prepared
- ☐ 1 serving non-dairy whipped topping
- ☐ 2 tablespoons peanut butter melted

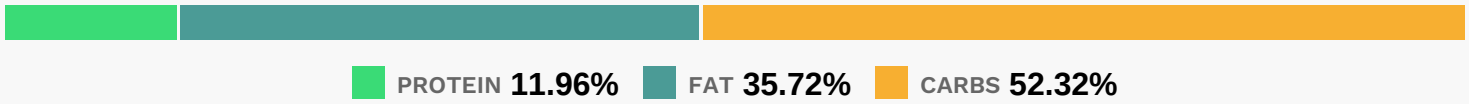
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ ziploc bags
- ☐ muffin liners
- ☐ rolling pin

Directions

- ☐ Heat oven to 375°F.
- ☐ Place miniature paper baking cup in each of 36 mini muffin cups.
- ☐ Crush cereal in food processor or in food-storage plastic bag with rolling pin.
- ☐ Add melted butter and sugar; mix well. Spoon 1 tablespoon cereal mixture into each muffin cup; press into cup with back of spoon.
- ☐ Bake 7 minutes. Cool cups in pan 15 minutes. Meanwhile, fold whipped topping into pudding.
- ☐ Spoon 1 tablespoon pudding mixture into each cooled cup. Top each with whipped topping; drizzle each with melted peanut butter.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:5.66, Glycemic Load:4.54, Inflammation Score:-1, Nutrition Score:2.7782608918522%

Nutrients (% of daily need)

Calories: 70.42kcal (3.52%), Fat: 2.83g (4.36%), Saturated Fat: 1.36g (8.52%), Carbohydrates: 9.34g (3.11%), Net Carbohydrates: 8.35g (3.04%), Sugar: 3.05g (3.39%), Cholesterol: 4.85mg (1.62%), Sodium: 105.32mg (4.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.13g (4.27%), Manganese: 0.33mg (16.69%), Selenium: 3.98µg (5.68%), Vitamin B1: 0.06mg (4.16%), Fiber: 0.99g (3.95%), Vitamin B3: 0.79mg (3.93%), Phosphorus: 37.37mg (3.74%), Magnesium: 13.73mg (3.43%), Calcium: 27.56mg (2.76%), Vitamin B2: 0.04mg (2.41%), Iron: 0.41mg (2.3%), Copper: 0.04mg (2.13%), Zinc: 0.3mg (2%), Vitamin B6: 0.04mg (1.94%), Folate: 7.44µg (1.86%), Vitamin E: 0.21mg (1.42%), Potassium: 48.16mg (1.38%), Vitamin K: 1.33µg (1.27%), Vitamin B5: 0.11mg (1.14%), Vitamin A: 56.71IU (1.13%)