



My Friend Flicker Pie

 Vegetarian

READY IN

ready

260 min.

SERVINGS

servings

12

CALORIES

calories

388 kcal

DESSERT

Ingredients

- ☐ 6 tablespoons butter melted
- ☐ 4 king-sized candy bars with peanuts and caramel covered with milk chocolate
- ☐ 1.5 cups graham cracker crumbs
- ☐ 1.5 tablespoons half-and-half
- ☐ 0.5 cup peanut butter
- ☐ 3 tablespoons sugar
- ☐ 4 cups non-dairy whipped topping
- ☐ 12 servings additional whipped topping and chocolate syrup for garnish

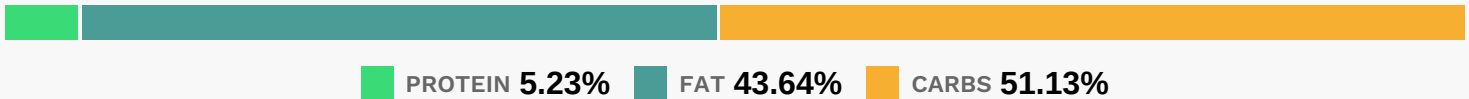
Equipment

- ☐ oven
- ☐ double boiler
- ☐ pie form

Directions

- ☐ Heat the oven to 350 degrees F.
- ☐ To make crust, combine graham cracker crumbs, sugar and butter. Press down into the bottom of a pie pan to form a crust and bake for about 8 minutes.
- ☐ In the top of a double boiler, melt together candy bars, peanut butter, and half-and-half, stirring until smooth.
- ☐ Remove from heat and allow to cool slightly. Fold in whipped topping, pour into crust, and freeze for 4 to 6 hours before serving. (For a richer pie, substitute 2 cups heavy cream, whipped with 1/2 cup sugar until stiff peaks form, in place of prepared whipped topping.)
- ☐ When ready to serve, top with additional whipped topping and drizzle wth chocolate syrup. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:20.89, Glycemic Load:10.2, Inflammation Score:-4, Nutrition Score:6.4469564735242%

Nutrients (% of daily need)

Calories: 387.81kcal (19.39%), Fat: 19.36g (29.79%), Saturated Fat: 9.89g (61.79%), Carbohydrates: 51.05g (17.02%), Net Carbohydrates: 48.62g (17.68%), Sugar: 37.18g (41.32%), Cholesterol: 16.21mg (5.4%), Sodium: 209.79mg (9.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 8.56mg (2.85%), Protein: 5.22g (10.45%), Manganese: 0.36mg (17.83%), Magnesium: 62.99mg (15.75%), Copper: 0.31mg (15.48%), Phosphorus: 144.93mg (14.49%), Vitamin B3: 2.05mg (10.24%), Iron: 1.75mg (9.72%), Fiber: 2.43g (9.71%), Vitamin E: 1.3mg (8.69%), Vitamin B2: 0.12mg (6.9%), Potassium: 225.35mg (6.44%), Zinc: 0.95mg (6.32%), Calcium: 42.87mg (4.29%), Folate: 16.17µg (4.04%), Vitamin A: 200.07IU (4%), Vitamin B6: 0.07mg (3.54%), Vitamin B1: 0.05mg (3.34%), Selenium: 2.01µg (2.87%), Vitamin K: 2.13µg (2.03%), Vitamin B5: 0.14mg (1.39%), Vitamin B12: 0.07µg (1.09%)