



No Bake Chocolate Peanut Butter Pie

READY IN



85 min.

SERVINGS



20

CALORIES



272 kcal

DESSERT

Ingredients

- 1 cup butter melted
- 2 cups confectioners' sugar
- 1 cup chocolate dark
- 2 cups graham cracker crumbs
- 0.5 cup milk or as needed
- 0.8 cup chocolate
- 0.3 cup peanut butter

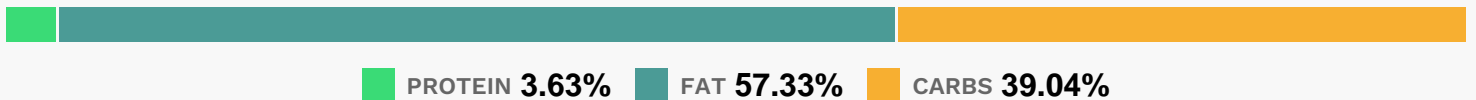
Equipment

- bowl
- frying pan
- double boiler

Directions

- Mix graham cracker crumbs, butter, confectioners' sugar, and 1 cup peanut butter in a bowl until well blended; press evenly into the bottom of an ungreased 9x13-inch pan.
- Melt 3/4 cup dark chocolate, milk chocolate, and 1/4 cup peanut butter in the top of a double boiler over simmering water; heat, stirring occasionally, until smooth, 5 to 10 minutes.
- Spread chocolate-peanut butter mixture over graham cracker layer in 9x13-inch pan.
- Melt 1 cup dark chocolate and milk in the top of a double boiler over simmering water, stirring until smooth, 3 to 5 minutes; pour over chocolate-peanut butter layer. Refrigerate until set, at least 1 hour.
- Cut into squares to serve.

Nutrition Facts



Properties

Glycemic Index:12.08, Glycemic Load:6.96, Inflammation Score:-3, Nutrition Score:4.2217391340629%

Nutrients (% of daily need)

Calories: 272.19kcal (13.61%), Fat: 17.86g (27.48%), Saturated Fat: 9.86g (61.65%), Carbohydrates: 27.37g (9.12%), Net Carbohydrates: 25.61g (9.31%), Sugar: 19.78g (21.98%), Cholesterol: 25.4mg (8.47%), Sodium: 147.53mg (6.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 11.33mg (3.78%), Protein: 2.55g (5.09%), Manganese: 0.25mg (12.54%), Copper: 0.21mg (10.46%), Magnesium: 38.73mg (9.68%), Iron: 1.63mg (9.08%), Phosphorus: 73.38mg (7.34%), Fiber: 1.76g (7.02%), Vitamin A: 296.93IU (5.94%), Vitamin B3: 0.89mg (4.47%), Zinc: 0.67mg (4.46%), Vitamin E: 0.63mg (4.19%), Vitamin B2: 0.06mg (3.73%), Potassium: 126.76mg (3.62%), Calcium: 26.53mg (2.65%), Vitamin B1: 0.03mg (2.12%), Folate: 7.17µg (1.79%), Vitamin K: 1.87µg (1.79%), Selenium: 1.21µg (1.73%), Vitamin B6: 0.03mg (1.65%), Vitamin B12: 0.08µg (1.28%), Vitamin B5: 0.11mg (1.11%)