



No-Bake Peanut Butter Pie

READY IN



75 min.

SERVINGS



8

CALORIES



485 kcal

DESSERT

Ingredients

- 4 oz baker's chocolate white
- 1 large banana thinly sliced
- 1 cup creamy peanut butter
- 6 oz ready-to-use graham cracker crumb crust
- 1 pkg jell-o vanilla flavor pudding instant (4-serving size)
- 1.5 cups milk cold
- 1 cup cool whip whipped topping thawed

Equipment

- bowl
- whisk
- microwave

Directions

- Microwave peanut butter and chocolate in microwavable bowl on MEDIUM (50%) 2-1/2 minutes; stir until chocolate is completely melted and mixture is well blended.
- Pour milk into large bowl.
- Add dry pudding mix. Beat with wire whisk 2 minutes or until well blended.
- Add peanut butter mixture; beat until well blended. Gently stir in whipped topping.
- Place bananas on bottom of crust; cover with pudding mixture. Refrigerate at least 1 hour. Store leftover pie in refrigerator.

Nutrition Facts

PROTEIN 8.92% **FAT 52.23%** **CARBS 38.85%**

Properties

Glycemic Index:22.1, Glycemic Load:9.34, Inflammation Score:-4, Nutrition Score:11.59173918807%

Flavonoids

Catechin: 1.04mg, Catechin: 1.04mg, Catechin: 1.04mg, Catechin: 1.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 484.52kcal (24.23%), Fat: 29.1g (44.77%), Saturated Fat: 9.01g (56.32%), Carbohydrates: 48.7g (16.23%), Net Carbohydrates: 46.21g (16.8%), Sugar: 31.61g (35.12%), Cholesterol: 8.65mg (2.88%), Sodium: 351.76mg (15.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.18g (22.35%), Manganese: 0.8mg (39.81%), Vitamin B3: 5.25mg (26.25%), Vitamin E: 3.55mg (23.69%), Phosphorus: 216.28mg (21.63%), Magnesium: 71.83mg (17.96%), Vitamin B2: 0.23mg (13.67%), Vitamin B6: 0.26mg (12.97%), Folate: 46.23µg (11.56%), Calcium: 114.56mg (11.46%), Potassium: 387.81mg (11.08%), Copper: 0.21mg (10.43%), Fiber: 2.49g (9.98%), Zinc: 1.41mg (9.43%), Vitamin B1: 0.13mg (8.35%), Vitamin B5: 0.69mg (6.93%), Iron: 1.21mg (6.71%), Vitamin K: 6.54µg (6.23%), Vitamin B12: 0.35µg (5.75%), Selenium: 3.89µg (5.55%), Vitamin D: 0.5µg (3.36%), Vitamin A: 96.4IU (1.93%), Vitamin C: 1.55mg (1.88%)