



No-Bake Peanut Butter Pie

 Popular

READY IN



140 min.

SERVINGS



16

CALORIES



274 kcal

DESSERT

Ingredients

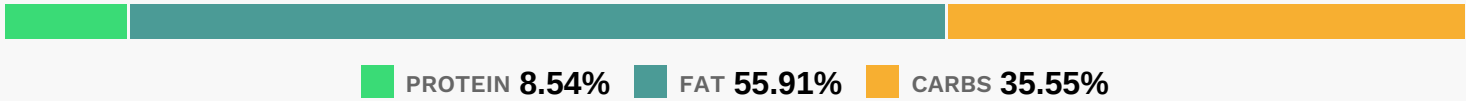
- ☐ 1.5 cups confectioners' sugar
- ☐ 8 ounce cream cheese
- ☐ 18 inch graham cracker crusts prepared
- ☐ 1 cup milk
- ☐ 1 cup peanut butter
- ☐ 16 ounce non-dairy whipped topping frozen thawed

Equipment

Directions

- ☐ Beat together cream cheese and confectioners' sugar.
- ☐ Mix in peanut butter and milk. Beat until smooth. Fold in whipped topping.
- ☐ Spoon into two 9 inch graham cracker pie shells; cover, and freeze until firm.

Nutrition Facts



Properties

Glycemic Index:9.56, Glycemic Load:2.42, Inflammation Score:-3, Nutrition Score:5.0534782668819%

Nutrients (% of daily need)

Calories: 274.41kcal (13.72%), Fat: 17.6g (27.08%), Saturated Fat: 8.02g (50.15%), Carbohydrates: 25.19g (8.4%), Net Carbohydrates: 24.31g (8.84%), Sugar: 21.31g (23.68%), Cholesterol: 16.71mg (5.57%), Sodium: 158.95mg (6.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.05g (12.1%), Manganese: 0.24mg (11.95%), Vitamin E: 1.74mg (11.6%), Vitamin B3: 2.31mg (11.55%), Phosphorus: 111.98mg (11.2%), Magnesium: 34.03mg (8.51%), Vitamin B2: 0.12mg (7%), Calcium: 62.91mg (6.29%), Vitamin B6: 0.1mg (4.87%), Potassium: 166.45mg (4.76%), Vitamin A: 236.05IU (4.72%), Folate: 17.31µg (4.33%), Zinc: 0.63mg (4.19%), Selenium: 2.92µg (4.17%), Copper: 0.07mg (3.75%), Fiber: 0.87g (3.48%), Vitamin B5: 0.31mg (3.09%), Vitamin B1: 0.05mg (3.08%), Vitamin B12: 0.17µg (2.84%), Iron: 0.45mg (2.49%), Vitamin K: 1.3µg (1.24%), Vitamin D: 0.17µg (1.12%)