



WHATSheATE



Peanut Butter-Banana Icebox Pie

READY IN



550 min.

SERVINGS



8

CALORIES



921 kcal

DESSERT

Ingredients

- ☐ 4 oz bittersweet chocolate chopped
- ☐ 2 large banana sliced
- ☐ 0.5 cup brown sugar light packed
- ☐ 0.5 cup butter melted
- ☐ 8 oz cream cheese softened
- ☐ 1 cup creamy peanut butter
- ☐ 2 cups graham cracker crumbs (15 sheets)
- ☐ 0.5 cup roasted peanuts finely chopped
- ☐ 2 teaspoons vanilla extract

- ☐ 8 servings garnish: whipped cream sweetened chopped
- ☐ 2 cups whipping cream divided

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer
- ☐ microwave

Directions

- ☐ Preheat oven to 350°F
- ☐ Stir together first 3 ingredients; firmly press on bottom, up sides, and onto lip of a lightly greased 9-inch pie plate.
- ☐ Bake 10 to 12 minutes or until lightly browned.
- ☐ Remove from oven to a wire rack, and cool completely (about 30 minutes).
- ☐ Microwave chocolate and 1/2 cup whipping cream in a small microwave-safe bowl at MEDIUM (50% power) 1 1/2 minutes or until chocolate is almost melted, stirring at 30-second intervals.
- ☐ Whisk until chocolate melts and mixture is smooth. (Do not overheat.) Spoon chocolate mixture into prepared crust.
- ☐ Beat cream cheese, next 2 ingredients, and 1/4 cup whipping cream at medium speed with an electric mixer until mixture is light and fluffy.
- ☐ Beat vanilla and remaining 1 1/4 cups whipping cream at high speed until stiff peaks form. Fold one-third whipped cream mixture into peanut butter mixture to loosen; fold in remaining whipped cream mixture.
- ☐ Arrange banana slices over chocolate mixture in crust.
- ☐ Spread peanut butter mixture over bananas. Cover and chill 8 hours.
- ☐ Serve pie with desired toppings.

Nutrition Facts



 **PROTEIN 6.86%**  **FAT 68.88%**  **CARBS 24.26%**

Properties

Glycemic Index:34.35, Glycemic Load:16.7, Inflammation Score:-8, Nutrition Score:18.03391289711%

Flavonoids

Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 920.54kcal (46.03%), Fat: 72.67g (111.8%), Saturated Fat: 34.97g (218.56%), Carbohydrates: 57.6g (19.2%), Net Carbohydrates: 52.5g (19.09%), Sugar: 34.32g (38.14%), Cholesterol: 131.78mg (43.93%), Sodium: 518.74mg (22.55%), Alcohol: 0.34g (100%), Alcohol %: 0.19% (100%), Caffeine: 12.19mg (4.06%), Protein: 16.28g (32.56%), Manganese: 0.98mg (49.11%), Vitamin B3: 6.88mg (34.42%), Vitamin A: 1679.88IU (33.6%), Magnesium: 125.37mg (31.34%), Phosphorus: 305.59mg (30.56%), Vitamin E: 4.21mg (28.1%), Copper: 0.42mg (21.25%), Fiber: 5.09g (20.37%), Vitamin B2: 0.34mg (19.9%), Vitamin B6: 0.36mg (18.13%), Potassium: 617.9mg (17.65%), Iron: 2.81mg (15.63%), Folate: 61.37µg (15.34%), Zinc: 2.16mg (14.4%), Calcium: 139.76mg (13.98%), Selenium: 8.15µg (11.64%), Vitamin B1: 0.16mg (10.52%), Vitamin B5: 0.99mg (9.91%), Vitamin D: 0.98µg (6.51%), Vitamin K: 4.89µg (4.66%), Vitamin C: 3.32mg (4.02%), Vitamin B12: 0.22µg (3.74%)