



## Peanut Butter-Berry Pie

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



261 kcal

DESSERT

### Ingredients

- ☐ 4 eggs
- ☐ 1.3 cups evaporated milk
- ☐ 0.3 cup brown sugar light packed
- ☐ 1 cup marshmallows
- ☐ 0.5 cup peanut butter reduced-fat
- ☐ 1 pint raspberries fresh
- ☐ 2 tablespoons raspberry jam seedless warmed
- ☐ 1 teaspoon vanilla extract pure

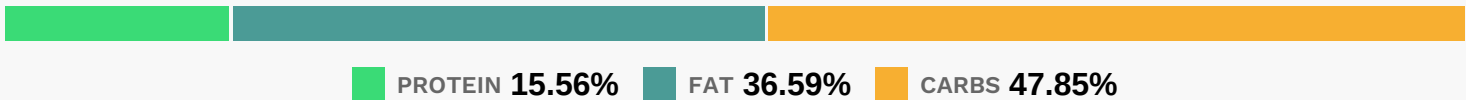
# Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ broiler

# Directions

- ☐ Heat oven to 350°F. Chill crust 15 minutes.
- ☐ Remove from fridge; prick crust at 1-inch intervals with a fork. Line with waxed paper; fill with pie weights or uncooked rice.
- ☐ Bake until golden, 30 minutes. When crust is cool, lift waxed paper to remove weights. Increase oven heat to 400°F.
- ☐ Spread jam on crust to cover bottom. In a bowl, whisk eggs and vanilla. In a thick-bottomed pot (to prevent burning), whisk milk with peanut butter and sugar over medium heat until steaming; remove from heat.
- ☐ Whisk peanut butter mixture into egg-vanilla mixture until combined; spoon filling into crust.
- ☐ Bake until filling is set at edges but center jiggles when you shake pan, 15 minutes.
- ☐ Heat broiler. Top pie with marshmallows; broil, rotating once or twice for even browning, until marshmallows are puffed and golden, 1 to 2 minutes.
- ☐ Let cool for at least 3 hours. Top with raspberries and serve.
- ☐ Self

# Nutrition Facts



# Properties

Glycemic Index:17.69, Glycemic Load:5.77, Inflammation Score:-4, Nutrition Score:11.367826140445%

## Flavonoids

Cyanidin: 27.07mg, Cyanidin: 27.07mg, Cyanidin: 27.07mg, Cyanidin: 27.07mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.58mg, Pelargonidin: 0.58mg, Pelargonidin: 0.58mg, Pelargonidin: 0.58mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 2.08mg, Epicatechin: 2.08mg, Epicatechin: 2.08mg, Epicatechin: 2.08mg Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

## Nutrients (% of daily need)

Calories: 260.56kcal (13.03%), Fat: 10.95g (16.85%), Saturated Fat: 3.44g (21.5%), Carbohydrates: 32.22g (10.74%), Net Carbohydrates: 27.48g (9.99%), Sugar: 20.9g (23.22%), Cholesterol: 93.26mg (31.09%), Sodium: 169.21mg (7.36%), Alcohol: 0.17g (100%), Alcohol %: 0.14% (100%), Protein: 10.48g (20.96%), Manganese: 0.65mg (32.54%), Vitamin C: 16.68mg (20.22%), Phosphorus: 201.9mg (20.19%), Fiber: 4.74g (18.98%), Vitamin B2: 0.26mg (15.38%), Vitamin E: 2.27mg (15.15%), Calcium: 142.47mg (14.25%), Vitamin B3: 2.82mg (14.09%), Magnesium: 53.52mg (13.38%), Selenium: 9.28µg (13.25%), Potassium: 360.9mg (10.31%), Vitamin B5: 0.97mg (9.66%), Copper: 0.18mg (9.18%), Folate: 36.27µg (9.07%), Zinc: 1.29mg (8.63%), Vitamin B6: 0.14mg (7.19%), Iron: 1.26mg (7.01%), Vitamin B1: 0.09mg (6.05%), Vitamin K: 5.01µg (4.77%), Vitamin A: 232.42IU (4.65%), Vitamin B12: 0.26µg (4.31%), Vitamin D: 0.48µg (3.2%)