



Peanut Butter-Chocolate Freeze

READY IN



140 min.

SERVINGS



24

CALORIES



230 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.3 cup butter melted
- 0.3 cup chocolate syrup
- 8 oz philadelphia cream cheese softened
- 0.8 cup crunchy peanut butter divided
- 0.5 cup planters cocktail peanuts finely chopped
- 14 oz condensed milk sweetened canned
- 1.5 cups vanilla wafers crushed finely
- 8 oz cool whip whipped topping thawed

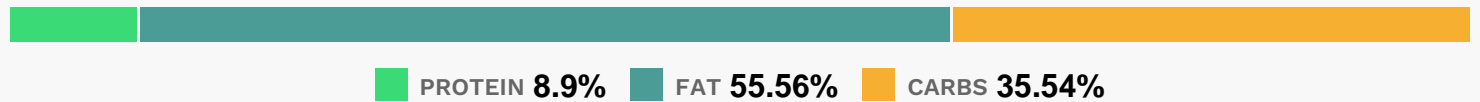
Equipment

- bowl
- frying pan
- knife
- blender

Directions

- Mix wafer crumbs, nuts, butter and 1/4 cup peanut butter. Reserve 1/4 cup; press remaining onto bottom of 13x9-inch pan.
- Beat cream cheese and remaining peanut butter in large bowl with mixer until well blended. Gradually beat in condensed milk. Stir in COOL WHIP; pour over crust.
- Drizzle with chocolate syrup; swirl gently with knife.
- Sprinkle with reserved crumb mixture. Freeze 2 hours or until firm.
- Remove dessert from freezer 15 min. before serving; let stand at room temperature to soften slightly.

Nutrition Facts



Properties

Glycemic Index:9.55, Glycemic Load:9.45, Inflammation Score:-3, Nutrition Score:4.7660869606163%

Nutrients (% of daily need)

Calories: 229.59kcal (11.48%), Fat: 14.61g (22.48%), Saturated Fat: 6.35g (39.71%), Carbohydrates: 21.03g (7.01%), Net Carbohydrates: 19.92g (7.24%), Sugar: 15.99g (17.76%), Cholesterol: 20.51mg (6.84%), Sodium: 142.42mg (6.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.27g (10.54%), Manganese: 0.24mg (11.97%), Phosphorus: 103.95mg (10.4%), Vitamin B3: 1.83mg (9.16%), Vitamin B2: 0.13mg (7.66%), Calcium: 70.7mg (7.07%), Magnesium: 26.51mg (6.63%), Selenium: 4.43µg (6.34%), Folate: 23.85µg (5.96%), Vitamin B1: 0.08mg (5.15%), Potassium: 179.41mg (5.13%), Vitamin E: 0.72mg (4.79%), Copper: 0.1mg (4.76%), Vitamin A: 237.15IU (4.74%), Fiber: 1.11g (4.45%), Zinc: 0.53mg (3.51%), Vitamin B5: 0.32mg (3.25%), Vitamin B6: 0.06mg (3.01%), Iron: 0.39mg (2.17%), Vitamin B12: 0.12µg (1.94%)