



 14%
HEALTH SCORE

Peanut Butter Cream Pie

READY IN



120 min.

SERVINGS



8

CALORIES



1227 kcal

DESSERT

Ingredients

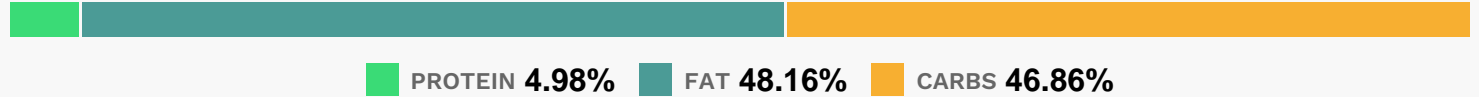
- 1 cup powdered sugar
- 8 ounce cream cheese
- 9 inch graham cracker crust prepared
- 0.3 cup peanuts finely chopped
- 0.3 cup creamy peanut butter
- 1 cup non-dairy whipped topping frozen thawed

Equipment

Directions

- Whip the cream cheese until soft and fluffy. Beat in the sugar and peanut butter.
- Fold whipped topping into the peanut butter mixture.
- Pour filling into the pie shell.
- Sprinkle pie with chopped peanuts. Chill until firm.

Nutrition Facts



Properties

Glycemic Index:6.91, Glycemic Load:0.73, Inflammation Score:-6, Nutrition Score:22.252173885055%

Nutrients (% of daily need)

Calories: 1226.92kcal (61.35%), Fat: 66.17g (101.79%), Saturated Fat: 17.78g (111.14%), Carbohydrates: 144.84g (48.28%), Net Carbohydrates: 140.26g (51%), Sugar: 53.69g (59.66%), Cholesterol: 28.82mg (9.61%), Sodium: 1043.98mg (45.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.39g (30.78%), Manganese: 2.74mg (137.16%), Vitamin B3: 8.35mg (41.75%), Vitamin K: 42.62µg (40.59%), Folate: 147.34µg (36.84%), Vitamin E: 4.81mg (32.05%), Phosphorus: 315.18mg (31.52%), Vitamin B2: 0.51mg (30.03%), Iron: 5.39mg (29.92%), Vitamin B1: 0.41mg (27.06%), Copper: 0.52mg (25.99%), Zinc: 2.91mg (19.42%), Magnesium: 73.94mg (18.49%), Fiber: 4.58g (18.33%), Selenium: 8.49µg (12.14%), Vitamin B6: 0.23mg (11.34%), Potassium: 357.88mg (10.23%), Calcium: 99.87mg (9.99%), Vitamin A: 389.58IU (7.79%), Vitamin B5: 0.7mg (6.97%), Vitamin B12: 0.08µg (1.35%)