



Peanut Butter Ice Cream Pie II

 Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



1548 kcal

Ingredients

- ☐ 1 quart ice-cream chocolate shell softened
- ☐ 16 ounce crunchy peanut butter
- ☐ 9 inch graham cracker crust prepared

Equipment

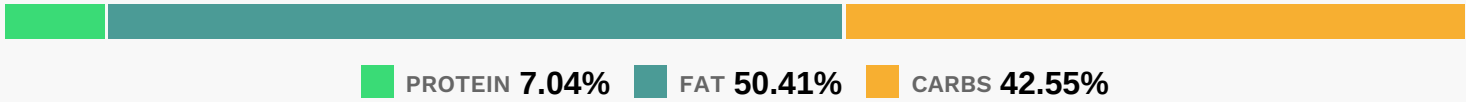
- ☐ bowl

Directions

- ☐ In a large bowl, mix ice cream and peanut butter together.

- ☐
- Pour into pie crust and freeze until ice cream is firm.
- ☐
- Serve and enjoy!

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:15.97, Inflammation Score:-8, Nutrition Score:32.80521731273%

Nutrients (% of daily need)

Calories: 1547.64kcal (77.38%), Fat: 88.76g (136.55%), Saturated Fat: 21.92g (137%), Carbohydrates: 168.56g (56.19%), Net Carbohydrates: 158.97g (57.81%), Sugar: 69.43g (77.15%), Cholesterol: 40.22mg (13.41%), Sodium: 1266.25mg (55.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 3.55mg (1.18%), Protein: 27.89g (55.78%), Manganese: 3.65mg (182.38%), Vitamin B3: 14.19mg (70.96%), Phosphorus: 531.21mg (53.12%), Vitamin E: 7.47mg (49.77%), Folate: 195.4µg (48.85%), Copper: 0.91mg (45.7%), Magnesium: 169.01mg (42.25%), Vitamin B2: 0.7mg (41.16%), Vitamin K: 42.33µg (40.32%), Iron: 7.15mg (39.72%), Fiber: 9.59g (38.36%), Zinc: 4.66mg (31.06%), Vitamin B1: 0.46mg (30.78%), Potassium: 933.07mg (26.66%), Vitamin B6: 0.45mg (22.37%), Calcium: 209.92mg (20.99%), Selenium: 12.58µg (17.97%), Vitamin B5: 1.63mg (16.3%), Vitamin A: 494.02IU (9.88%), Vitamin B12: 0.34µg (5.72%), Vitamin D: 0.24µg (1.58%)