



Peanut Butter Pie

READY IN



75 min.

SERVINGS



8

CALORIES



550 kcal

DESSERT

Ingredients

- ☐ 0.5 cup chocolate chips
- ☐ 8 ounce cream cheese softened
- ☐ 0.5 cup creamy peanut butter
- ☐ 1 graham cracker crust
- ☐ 1 cup heavy cream
- ☐ 0.3 cup milk
- ☐ 1 cup powdered sugar
- ☐ 0.3 cup peanuts salted roughly chopped
- ☐ 1 teaspoon vanilla extract

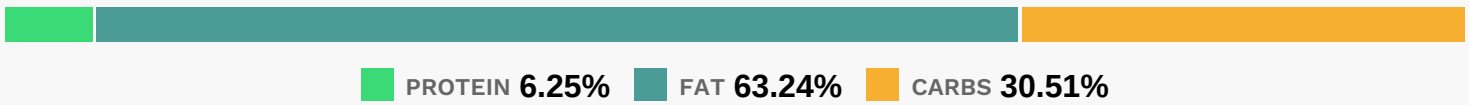
Equipment

- ☐ bowl
- ☐ pot
- ☐ hand mixer

Directions

- ☐ Heat the milk in a small pot over low heat until warm.
- ☐ Remove from the heat and stir in the chocolate chips until melted and smooth. Set aside to cool slightly; mixture should be thick but have a pourable consistency.
- ☐ In a large bowl using an electric mixer on high, beat together the cream cheese with the peanut butter and powdered sugar. In a separate bowl, beat together the heavy cream with the vanilla until doubled in volume and soft peaks form.
- ☐ Stir one-third of the whipped cream into the peanut butter mixture to lighten it. Fold in the remaining whipped cream until combined.
- ☐ Spread into the graham cracker crust.
- ☐ Pour the melted chocolate over the top of the pie and sprinkle with the chopped peanuts.
- ☐ Place the pie in the freezer to set up, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:9.88, Glycemic Load:0.95, Inflammation Score:-6, Nutrition Score:9.1321739826513%

Nutrients (% of daily need)

Calories: 550.13kcal (27.51%), Fat: 39.7g (61.07%), Saturated Fat: 17.76g (110.98%), Carbohydrates: 43.09g (14.36%), Net Carbohydrates: 41.5g (15.09%), Sugar: 29g (32.22%), Cholesterol: 63.17mg (21.06%), Sodium: 289.31mg (12.58%), Alcohol: 0.17g (100%), Alcohol %: 0.16% (100%), Protein: 8.83g (17.66%), Manganese: 0.62mg (31.14%), Vitamin B3: 3.57mg (17.83%), Vitamin A: 830.62IU (16.61%), Vitamin E: 2.38mg (15.89%), Phosphorus: 152.5mg (15.25%), Vitamin B2: 0.21mg (12.64%), Magnesium: 45.41mg (11.35%), Folate: 37.17µg (9.29%), Calcium: 83.38mg (8.34%), Copper: 0.16mg (7.76%), Potassium: 260.67mg (7.45%), Selenium: 5.12µg (7.32%), Zinc: 1.01mg (6.75%), Vitamin B6: 0.13mg (6.52%), Fiber: 1.58g (6.34%), Vitamin B1: 0.09mg (6.17%), Vitamin K: 6.25µg (5.95%), Iron:

1.01mg (5.59%), Vitamin B5: 0.54mg (5.38%), Vitamin D: 0.56µg (3.73%), Vitamin B12: 0.15µg (2.52%)