



Peanut Butter Pie

READY IN



45 min.

SERVINGS



8

CALORIES



1364 kcal

DESSERT

Ingredients

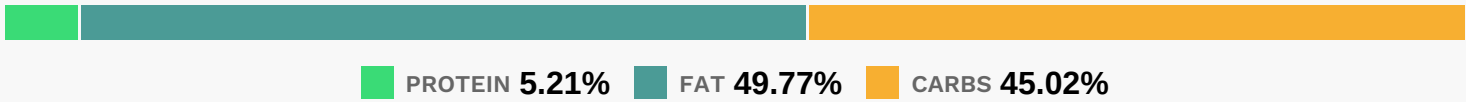
- ☐ 0.5 cup confectioners' sugar
- ☐ 8 ounce cream cheese softened
- ☐ 0.5 cup creamy peanut butter
- ☐ 9 inch graham cracker crust prepared
- ☐ 12 peanut butter cups miniature
- ☐ 16 ounce non-dairy whipped topping frozen thawed

Equipment

Directions

- ☐ Mix the cream cheese, confectioners' sugar and peanut butter together until smooth. Fold in 1/2 of the whipped topping. Spoon the mixture into the graham cracker crust.
- ☐ Place the remaining whipped topping over the top of the peanut butter mixture and garnish with the peanut butter cups. Chill for at least 2 hours or overnight before serving.

Nutrition Facts



Properties

Glycemic Index:5.13, Glycemic Load:0.82, Inflammation Score:-7, Nutrition Score:23.83478227031%

Nutrients (% of daily need)

Calories: 1363.91kcal (68.2%), Fat: 76.05g (117%), Saturated Fat: 24.45g (152.8%), Carbohydrates: 154.82g (51.61%), Net Carbohydrates: 150.03g (54.56%), Sugar: 63.05g (70.05%), Cholesterol: 30.4mg (10.13%), Sodium: 1137.44mg (49.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.9g (35.79%), Manganese: 2.7mg (135.06%), Vitamin B3: 8.86mg (44.28%), Vitamin K: 44.36µg (42.25%), Vitamin E: 5.55mg (37%), Folate: 147.68µg (36.92%), Phosphorus: 367.62mg (36.76%), Vitamin B2: 0.57mg (33.37%), Iron: 5.47mg (30.39%), Vitamin B1: 0.41mg (27.25%), Copper: 0.53mg (26.54%), Magnesium: 84.27mg (21.07%), Zinc: 3.13mg (20.89%), Fiber: 4.79g (19.14%), Calcium: 139.38mg (13.94%), Selenium: 9.62µg (13.75%), Vitamin B6: 0.25mg (12.73%), Potassium: 437.91mg (12.51%), Vitamin A: 430.48IU (8.61%), Vitamin B5: 0.74mg (7.38%), Vitamin B12: 0.2µg (3.38%)