



Peanut Butter Pie 2000

READY IN



45 min.

SERVINGS



10

CALORIES



988 kcal

DESSERT

Ingredients

- 1 cup confectioners' sugar
- 4 ounces cream cheese softened
- 0.5 cup creamy peanut butter
- 9 inch graham cracker crust prepared
- 0.5 cup milk
- 8 ounce non-dairy whipped topping frozen thawed

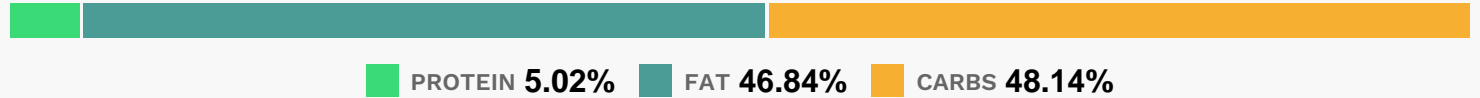
Equipment

- mixing bowl

Directions

- In a large mixing bowl, whip cream cheese until soft and fluffy. Beat in sugar and peanut butter. Slowly pour in milk, beating mixture until smooth.
- Fold whipped topping into mixture. Stir in nuts if desired.
- Pour mixture into graham cracker crust and freeze until firm. Store any leftovers in freezer.

Nutrition Facts



Properties

Glycemic Index:7.9, Glycemic Load:0.7, Inflammation Score:-5, Nutrition Score:18.768695504769%

Nutrients (% of daily need)

Calories: 988.03kcal (49.4%), Fat: 51.8g (79.69%), Saturated Fat: 14.03g (87.71%), Carbohydrates: 119.78g (39.93%), Net Carbohydrates: 116.25g (42.27%), Sugar: 47.15g (52.39%), Cholesterol: 13.37mg (4.46%), Sodium: 832.78mg (36.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.48g (24.97%), Manganese: 2.16mg (108.02%), Vitamin B3: 6.69mg (33.44%), Vitamin K: 34.39µg (32.76%), Vitamin E: 4.22mg (28.15%), Folate: 112.25µg (28.06%), Phosphorus: 263.98mg (26.4%), Vitamin B2: 0.42mg (24.48%), Iron: 4.24mg (23.58%), Vitamin B1: 0.31mg (20.89%), Copper: 0.4mg (20.03%), Zinc: 2.37mg (15.81%), Magnesium: 61.06mg (15.27%), Fiber: 3.53g (14.1%), Vitamin B6: 0.19mg (9.59%), Calcium: 92.92mg (9.29%), Selenium: 6.33µg (9.04%), Potassium: 302.06mg (8.63%), Vitamin B5: 0.52mg (5.19%), Vitamin A: 190.37IU (3.81%), Vitamin B12: 0.14µg (2.27%)