



WHATSheATE



Peanut Butter Pie



Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



622 kcal

DESSERT

Ingredients

- ☐ 8 ounces cream cheese at room temperature
- ☐ 1.3 cups creamy peanut butter
- ☐ 1.3 cups graham cracker crumbs
- ☐ 1 cup heavy whipping cream
- ☐ 0.8 cup brown sugar light packed
- ☐ 3 tablespoons butter unsalted melted
- ☐ 2 tablespoons vanilla extract pure

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ stand mixer
- ☐ spatula
- ☐ pie form

Directions

- ☐ Lesson Plan
- ☐ Preheat the oven to 350°F.
- ☐ In a bowl, stir together the graham cracker crumbs and melted butter; press into the bottom and sides of a 9-inch pie dish.
- ☐ Bake until brown, about 5 minutes. Set aside to cool completely.
- ☐ With a heavy-duty stand mixer fitted with the whisk attachment, whisk the cream at high speed until it forms stiff peaks.
- ☐ Transfer to a large clean bowl and set aside.
- ☐ Fit the stand mixer with the paddle attachment and a clean bowl; add the cream cheese, peanut butter, brown sugar, and vanilla and beat at high speed until the mixture is smooth and silky.
- ☐ Gently fold the cream cheese-peanut butter mixture into the whipped cream with a spatula until completely blended. Spoon into the cooled pie shell and smooth out the top.
- ☐ Place the pie in the freezer for 1 hour or until ready to serve (if you are going to leave it in the freezer awhile, wrap it in plastic wrap after 1 hour so it doesn't get freezer burn).
- ☐ Take the pie out of the freezer 15 minutes before serving. Slice it and pig out!
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Nutrition Facts



 PROTEIN **7.92%**  FAT **65.75%**  CARBS **26.33%**

Properties

Glycemic Index:14.38, Glycemic Load:8.48, Inflammation Score:-7, Nutrition Score:11.847826002733%

Nutrients (% of daily need)

Calories: 622.07kcal (31.1%), Fat: 46.66g (71.79%), Saturated Fat: 19.54g (122.14%), Carbohydrates: 42.05g (14.02%), Net Carbohydrates: 39.67g (14.42%), Sugar: 29.61g (32.9%), Cholesterol: 73.54mg (24.51%), Sodium: 363.13mg (15.79%), Alcohol: 1.12g (100%), Alcohol %: 1.01% (100%), Protein: 12.65g (25.29%), Manganese: 0.62mg (30.76%), Vitamin B3: 5.94mg (29.71%), Vitamin E: 4.31mg (28.75%), Phosphorus: 213.04mg (21.3%), Magnesium: 82.86mg (20.71%), Vitamin A: 949.26IU (18.99%), Vitamin B2: 0.23mg (13.79%), Vitamin B6: 0.23mg (11.39%), Folate: 44.81µg (11.2%), Zinc: 1.51mg (10.04%), Potassium: 349.78mg (9.99%), Copper: 0.19mg (9.72%), Calcium: 95.99mg (9.6%), Fiber: 2.38g (9.52%), Iron: 1.45mg (8.07%), Selenium: 5.28µg (7.55%), Vitamin B5: 0.7mg (6.99%), Vitamin B1: 0.1mg (6.58%), Vitamin D: 0.55µg (3.7%), Vitamin B12: 0.12µg (1.98%), Vitamin K: 2.04µg (1.94%)