



Peanut Butter Pie

READY IN



45 min.

SERVINGS



20

CALORIES



221 kcal

DESSERT

Ingredients

- ☐ 4 teaspoons chocolate syrup fat-free
- ☐ 8 ounce cream cheese light softened
- ☐ 1 cup creamy peanut butter natural-style reduced-fat (such as Smucker's)
- ☐ 2 graham crackers reduced-fat
- ☐ 1 cup powdered sugar
- ☐ 14 ounce condensed milk fat-free sweetened canned
- ☐ 12 ounce cool whip fat-free frozen thawed

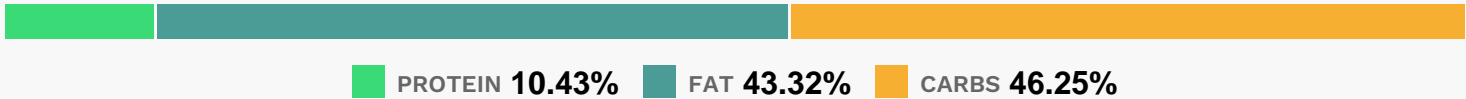
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Combine the first 3 ingredients in a large bowl; beat with a mixer at medium speed until smooth.
- ☐ Add the condensed milk, and beat until combined. Stir in the whipped topping. Divide the mixture evenly between shells; chill 8 hours or until set (pies will have a soft, fluffy texture).
- ☐ Cut into wedges, and drizzle with chocolate syrup.
- ☐ Note: We loved this pie frozen--its texture is more like that of an ice-cream pie.

Nutrition Facts



Properties

Glycemic Index:7.45, Glycemic Load:7.66, Inflammation Score:-2, Nutrition Score:5.5039129853249%

Nutrients (% of daily need)

Calories: 220.92kcal (11.05%), Fat: 11.06g (17.01%), Saturated Fat: 3.94g (24.62%), Carbohydrates: 26.55g (8.85%), Net Carbohydrates: 25.79g (9.38%), Sugar: 22.22g (24.69%), Cholesterol: 15.59mg (5.2%), Sodium: 143.57mg (6.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.99g (11.98%), Vitamin B2: 0.24mg (14.03%), Phosphorus: 126.86mg (12.69%), Calcium: 99.14mg (9.91%), Manganese: 0.2mg (9.78%), Vitamin B3: 1.89mg (9.45%), Vitamin E: 1.25mg (8.35%), Magnesium: 30.7mg (7.68%), Vitamin B12: 0.44µg (7.39%), Selenium: 4.48µg (6.4%), Potassium: 197.6mg (5.65%), Folate: 18.99µg (4.75%), Vitamin B6: 0.09mg (4.74%), Vitamin B1: 0.07mg (4.58%), Zinc: 0.67mg (4.44%), Vitamin B5: 0.38mg (3.82%), Copper: 0.07mg (3.5%), Fiber: 0.76g (3.04%), Vitamin A: 145.35IU (2.91%), Iron: 0.37mg (2.04%)