



## Peanut Butter Pie

READY IN



45 min.

SERVINGS



20

CALORIES



315 kcal

DESSERT

## Ingredients

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

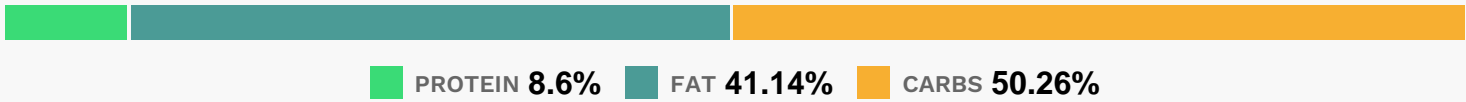
## Equipment

- ☐ bowl
- ☐ blender

## Directions

- ☐ Combine powdered sugar, peanut butter, and cream cheese in a large bowl; beat with a mixer at medium speed until smooth.
- ☐ Add milk; beat until combined. Fold in whipped topping. Divide mixture evenly between crusts; chill 8 hours or until set (pies will have a soft, fluffy texture).
- ☐ Cut into wedges; drizzle with chocolate syrup.

## Nutrition Facts



## Properties

Glycemic Index:8.8, Glycemic Load:16.23, Inflammation Score:-3, Nutrition Score:6.7991303905197%

## Nutrients (% of daily need)

Calories: 315.16kcal (15.76%), Fat: 14.83g (22.81%), Saturated Fat: 5.46g (34.14%), Carbohydrates: 40.76g (13.58%), Net Carbohydrates: 39.36g (14.31%), Sugar: 27.56g (30.62%), Cholesterol: 20.92mg (6.97%), Sodium: 244.21mg (10.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.97g (13.95%), Vitamin B2: 0.28mg (16.65%), Phosphorus: 158.45mg (15.84%), Vitamin B3: 2.49mg (12.44%), Magnesium: 42.63mg (10.66%), Calcium: 106.25mg (10.62%), Manganese: 0.21mg (10.54%), Vitamin E: 1.32mg (8.81%), Selenium: 5.06µg (7.22%), Vitamin B1: 0.1mg (6.85%), Zinc: 0.99mg (6.6%), Potassium: 221.15mg (6.32%), Folate: 25.11µg (6.28%), Vitamin B12: 0.36µg (6.07%), Iron: 1.09mg (6.06%), Vitamin B6: 0.11mg (5.6%), Fiber: 1.4g (5.58%), Vitamin A: 235.05IU (4.7%), Copper: 0.09mg (4.68%), Vitamin B5: 0.35mg (3.51%)