



Peanut Butter Pie I

READY IN



45 min.

SERVINGS



10

CALORIES



467 kcal

DESSERT

Ingredients

- ☐ 1.3 cups chocolate cookie crumbs
- ☐ 8 ounce cream cheese softened
- ☐ 1 cup creamy peanut butter
- ☐ 1 cup heavy whipping cream
- ☐ 1 tablespoon butter unsalted softened
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

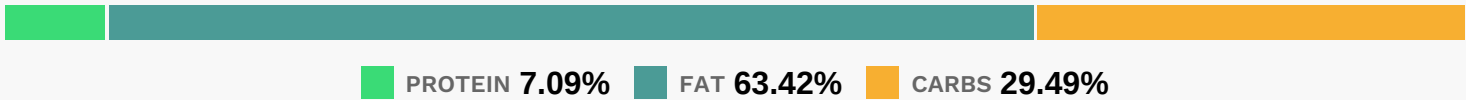
Equipment

- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Combine 1 1/4 cup cookie crumbs, 1/4 cup sugar, and 1/4 cup butter or margarine; press into a 9 inch pie plate.
- ☐ Bake at 375 degrees F (190 degrees C) for 10 minutes. Cool.
- ☐ In a mixing bowl, beat cream cheese, peanut butter, sugar, butter, and vanilla until smooth. Whip the cream, and fold into the peanut butter mixture.
- ☐ Gently spoon filing into crust.
- ☐ Garnish pie with chocolate or cookie crumbs if desired. Refrigerate.

Nutrition Facts



Properties

Glycemic Index:17.51, Glycemic Load:19.93, Inflammation Score:-6, Nutrition Score:8.1560869495506%

Nutrients (% of daily need)

Calories: 466.76kcal (23.34%), Fat: 34.05g (52.39%), Saturated Fat: 14.39g (89.95%), Carbohydrates: 35.63g (11.88%), Net Carbohydrates: 34.23g (12.45%), Sugar: 26.97g (29.96%), Cholesterol: 52.81mg (17.6%), Sodium: 232.84mg (10.12%), Alcohol: 0.14g (100%), Alcohol %: 0.16% (100%), Protein: 8.56g (17.12%), Manganese: 0.44mg (21.81%), Vitamin E: 3.1mg (20.68%), Vitamin B3: 3.88mg (19.4%), Vitamin A: 700.18IU (14%), Phosphorus: 134.14mg (13.41%), Magnesium: 49.14mg (12.28%), Vitamin B2: 0.19mg (11.18%), Folate: 35.35µg (8.84%), Vitamin B6: 0.14mg (7.23%), Selenium: 4.63µg (6.62%), Copper: 0.13mg (6.41%), Potassium: 210.39mg (6.01%), Vitamin B1: 0.09mg (5.99%), Zinc: 0.89mg (5.94%), Fiber: 1.4g (5.6%), Calcium: 52.55mg (5.26%), Vitamin B5: 0.5mg (5.03%), Iron: 0.88mg (4.88%), Vitamin D: 0.4µg (2.68%), Vitamin K: 2.79µg (2.66%), Vitamin B12: 0.09µg (1.51%)