



Peanut Butter Pie III

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



316 kcal

DESSERT

Ingredients

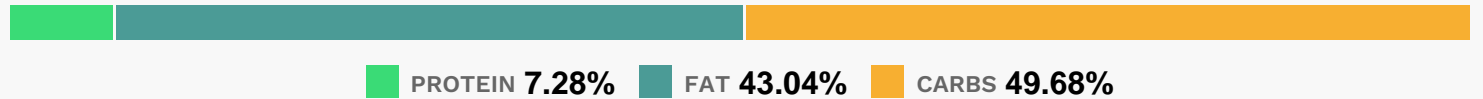
- 0.8 cup confectioners' sugar
- 0.5 cup crunchy peanut butter
- 3.9 ounce chocolate pudding mix instant
- 19-inch pie crust ()
- 1.3 ounce whipped topping mix

Equipment

Directions

- Mix and crumble confectioners' sugar and peanut butter. Put half into bottom of pie shell, and reserve the remainder.
- Make pudding as directed, and pour over peanut butter crumbs.
- Mix dream whip as directed, and spread over pudding.
- Sprinkle the top of the pie with the remaining crumb mix. Chill and serve.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:5.6578261116924%

Nutrients (% of daily need)

Calories: 315.55kcal (15.78%), Fat: 15.44g (23.75%), Saturated Fat: 3.9g (24.38%), Carbohydrates: 40.1g (13.37%), Net Carbohydrates: 37.68g (13.7%), Sugar: 22.82g (25.36%), Cholesterol: 0.09mg (0.03%), Sodium: 381.65mg (16.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.88g (11.75%), Manganese: 0.45mg (22.6%), Vitamin B3: 2.92mg (14.6%), Fiber: 2.41g (9.65%), Magnesium: 36.09mg (9.02%), Phosphorus: 82.8mg (8.28%), Folate: 32.89µg (8.22%), Copper: 0.16mg (8.11%), Vitamin E: 1.16mg (7.76%), Iron: 1.15mg (6.37%), Vitamin B1: 0.09mg (5.88%), Potassium: 181.88mg (5.2%), Selenium: 3.27µg (4.67%), Vitamin B2: 0.07mg (4.37%), Zinc: 0.65mg (4.36%), Vitamin B6: 0.08mg (4.12%), Vitamin B5: 0.28mg (2.85%), Vitamin K: 2.26µg (2.15%), Calcium: 17.05mg (1.7%)