



Peanut Butter Pie III

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



1230 kcal

DESSERT

Ingredients

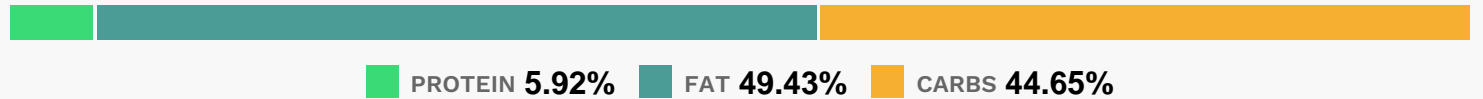
- 0.8 cup confectioners' sugar
- 0.5 cup crunchy peanut butter
- 3.9 ounce chocolate pudding mix instant
- 9 inch pie shell
- 1.3 ounce whipped topping mix

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:-6, Nutrition Score:18.960434820989%

Nutrients (% of daily need)

Calories: 1229.55kcal (61.48%), Fat: 67.58g (103.96%), Saturated Fat: 20.22g (126.37%), Carbohydrates: 137.34g (45.78%), Net Carbohydrates: 129.92g (47.24%), Sugar: 22.82g (25.36%), Cholesterol: 0.09mg (0.03%), Sodium: 1199.65mg (52.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.2g (36.39%), Manganese: 1.34mg (66.8%), Folate: 172.89µg (43.22%), Vitamin B1: 0.64mg (42.54%), Vitamin B3: 8.32mg (41.6%), Iron: 6.35mg (35.26%), Fiber: 7.41g (29.65%), Vitamin B2: 0.41mg (24.37%), Phosphorus: 226.8mg (22.68%), Selenium: 14.67µg (20.96%), Magnesium: 66.09mg (16.52%), Vitamin K: 16.86µg (16.06%), Copper: 0.31mg (15.61%), Vitamin E: 2.08mg (13.89%), Vitamin B5: 1.1mg (10.95%), Potassium: 375.88mg (10.74%), Zinc: 1.55mg (10.36%), Vitamin B6: 0.18mg (9.12%), Calcium: 55.05mg (5.5%)