

Peanut Butter Pie VI

READY IN



45 min.

SERVINGS



10

CALORIES



976 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons cornstarch
- ☐ 4 eggs separated
- ☐ 2 cups milk
- ☐ 0.3 cup peanut butter
- ☐ 9 inch pie shell
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup sugar white

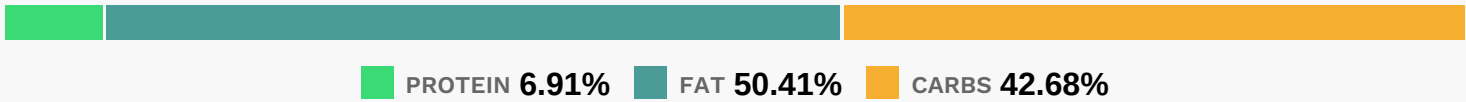
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Mix together 2/3 cup white sugar and peanut butter.
- ☐ Sprinkle 2/3 of the mixture into baked pie shell.
- ☐ Combine 1/2 cup sugar, corn starch, salt, milk, and egg yolks in a medium saucepan. Cook and stir over medium low heat until thick.
- ☐ Pour filling over peanut butter mixture in pie shell.
- ☐ In a clean glass bowl, beat egg whites until very stiff.
- ☐ Spread meringue on top of pie.
- ☐ Sprinkle remaining peanut butter crumbs on top of the egg whites.
- ☐ Bake at 400 degrees F (205 degrees C) for 5 to 7 minutes, or until the meringue is golden brown.

Nutrition Facts



Properties

Glycemic Index:12.21, Glycemic Load:8.06, Inflammation Score:-5, Nutrition Score:16.87347822604%

Nutrients (% of daily need)

Calories: 976.03kcal (48.8%), Fat: 54.59g (83.98%), Saturated Fat: 17.01g (106.33%), Carbohydrates: 103.99g (34.66%), Net Carbohydrates: 99.06g (36.02%), Sugar: 13.3g (14.77%), Cholesterol: 71.33mg (23.78%), Sodium: 933.22mg (40.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.85g (33.69%), Manganese: 0.93mg (46.53%), Vitamin B1: 0.54mg (36.08%), Folate: 141.67µg (35.42%), Vitamin B3: 6.07mg (30.34%), Iron: 5.15mg (28.63%), Vitamin B2: 0.47mg (27.77%), Selenium: 17.07µg (24.39%), Phosphorus: 243.2mg (24.32%), Fiber: 4.93g (19.74%), Vitamin K: 13.36µg (12.73%), Vitamin B5: 1.27mg (12.72%), Magnesium: 49.58mg (12.39%), Vitamin E: 1.82mg (12.14%), Calcium: 108.51mg (10.85%), Zinc: 1.46mg (9.72%), Vitamin B6: 0.19mg (9.39%), Copper: 0.19mg (9.31%), Potassium: 320.89mg (9.17%), Vitamin B12: 0.42µg (7%), Vitamin D: 0.89µg (5.93%), Vitamin A: 175.9IU (3.52%)