



## Peanut-Chocolate Mud Pie Squares

READY IN



745 min.

SERVINGS



25

CALORIES



181 kcal

DESSERT

### Ingredients

- 0.3 cup butter melted
- 8 oz philadelphia cream cheese spread
- 0.5 cup creamy peanut butter
- 3.9 oz jell-o chocolate flavor pudding instant
- 1.5 cups milk cold
- 1.7 cups oreo cookies divided crushed finely
- 0.3 cup planters cocktail peanuts coarsely chopped
- 0.3 cup sugar
- 8 oz cool whip whipped topping divided thawed

## Equipment

- bowl
- frying pan
- blender
- plastic wrap

## Directions

- Line 9-inch square pan with plastic wrap, with ends of plastic extending over sides.
- Mix 1-1/4 cups cookie crumbs and butter; press onto bottom of prepared pan. Refrigerate until ready to use.
- Beat cream cheese spread, peanut butter and sugar in medium bowl with mixer until blended. Gently stir in 1-1/2 cups COOL WHIP; spread over crust. Top with 1/4 cup of the remaining cookie crumbs.
- Beat pudding mix and milk in same bowl with mixer on low speed 2 min. Stir in remaining COOL WHIP; spoon over dessert. Top with remaining crumbs and nuts.
- Freeze overnight.
- Remove dessert from freezer 20 min. before serving; let stand at room temperature to soften slightly. Use plastic wrap handles to lift dessert from pan before cutting into squares.

## Nutrition Facts

**PROTEIN 7.62%** **FAT 53.11%** **CARBS 39.27%**

## Properties

Glycemic Index:7.45, Glycemic Load:1.8, Inflammation Score:-2, Nutrition Score:3.7078260857126%

## Nutrients (% of daily need)

Calories: 180.92kcal (9.05%), Fat: 10.95g (16.85%), Saturated Fat: 5g (31.25%), Carbohydrates: 18.22g (6.07%), Net Carbohydrates: 17.37g (6.32%), Sugar: 13.01g (14.45%), Cholesterol: 12.44mg (4.15%), Sodium: 195.85mg (8.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.53g (7.07%), Manganese: 0.2mg (10.17%), Iron: 1.5mg (8.36%), Vitamin B3: 1.23mg (6.16%), Phosphorus: 58.31mg (5.83%), Vitamin E: 0.84mg (5.61%), Magnesium: 20.91mg (5.23%), Copper: 0.09mg (4.36%), Calcium: 42.75mg (4.27%), Vitamin B2: 0.07mg (4.07%), Folate: 14.92µg (3.73%), Vitamin A: 173.55IU (3.47%), Fiber: 0.85g (3.42%), Vitamin K: 3.5µg (3.33%), Vitamin B1: 0.05mg (3.24%), Potassium:

107.07mg (3.06%), Zinc: 0.34mg (2.26%), Selenium: 1.51µg (2.16%), Vitamin B6: 0.04mg (2.09%), Vitamin B5: 0.17mg (1.71%), Vitamin B12: 0.1µg (1.68%), Vitamin D: 0.16µg (1.07%)