



## Peanuty Ice Cream Pie

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



444 kcal

DESSERT

### Ingredients

- 0.3 cup candy-coated chocolate pieces mini
- 0.3 cup coconut or flaked
- 0.3 cup plus light
- 3 tablespoons butter melted
- 0.3 cup peanut butter
- 3 tablespoons peanuts chopped
- 1 quart whipped cream softened
- 2 tablespoons sugar white

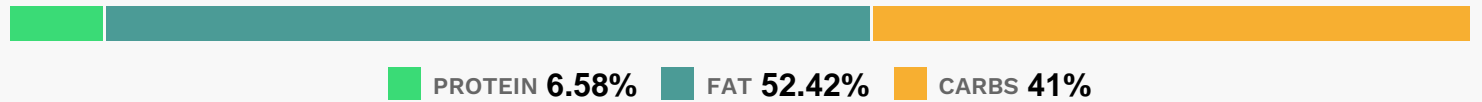
# Equipment

bowl

# Directions

- Combine the peanuts, butter and sugar; press onto the bottom and up the sides of a greased 9 inch pie plate. Cover and refrigerate for 15 minutes.
- In a large bowl, combine peanut butter and corn syrup.
- Add coconut and peanuts. Stir in ice cream just until combined. Spoon into crust.
- Cover and freeze overnight or until firm. Just before serving, sprinkle with mini candy-coated chocolate pieces.

# Nutrition Facts



# Properties

Glycemic Index:22.29, Glycemic Load:20.41, Inflammation Score:-5, Nutrition Score:8.0678260637366%

# Nutrients (% of daily need)

Calories: 443.99kcal (22.2%), Fat: 26.48g (40.74%), Saturated Fat: 12.47g (77.94%), Carbohydrates: 46.6g (15.53%), Net Carbohydrates: 44.42g (16.15%), Sugar: 41.36g (45.96%), Cholesterol: 53.02mg (17.67%), Sodium: 191.6mg (8.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.48g (14.95%), Vitamin B2: 0.31mg (18.21%), Phosphorus: 172.77mg (17.28%), Calcium: 170.56mg (17.06%), Manganese: 0.3mg (14.98%), Vitamin A: 700.37IU (14.01%), Magnesium: 39.89mg (9.97%), Potassium: 325.57mg (9.3%), Vitamin B3: 1.82mg (9.12%), Fiber: 2.18g (8.72%), Vitamin B5: 0.86mg (8.65%), Vitamin E: 1.26mg (8.43%), Zinc: 1.2mg (8.01%), Vitamin B12: 0.47µg (7.78%), Vitamin B1: 0.09mg (6.22%), Copper: 0.12mg (5.81%), Vitamin B6: 0.11mg (5.7%), Folate: 22.14µg (5.54%), Selenium: 3.31µg (4.73%), Iron: 0.56mg (3.12%), Vitamin D: 0.24µg (1.58%)