



## Silky Peanut Butter Pie

READY IN



255 min.

SERVINGS



15

CALORIES



231 kcal

DESSERT

### Ingredients

- 0.8 cup creamy peanut butter
- 1 env. Knox gelatine unflavored
- 1 cup milk divided
- 2 cups Polly-O natural part skim ricotta cheese
- 3 Tbsp Planters cocktail peanuts
- 0.5 cup sugar
- 6 oz ready-to-use vanilla wafer crumb crust
- 0.5 cup Cool Whip whipped topping thawed

## Equipment

- sauce pan
- blender
- microwave

## Directions

- Sprinkle gelatin over 1/4 cup of the milk in blender container; let stand 2 min. or until gelatin is softened. Meanwhile, heat remaining 3/4 cup milk in saucepan or microwave.
- Add to gelatin mixture; cover. Blend on low speed until gelatin is completely dissolved.
- Add peanut butter, sugar and ricotta cheese; cover. Blend on high speed until smooth. Refrigerate until mixture mounds slightly when dropped from a spoon.
- Spoon into pie crust.
- Refrigerate 3 hours or until set.
- Cut into 10 slices to serve. Top each serving with about 1 Tbsp. of the whipped topping and a sprinkling of peanuts. Store leftover pie in refrigerator.

## Nutrition Facts

**PROTEIN 14.17%** **FAT 51.29%** **CARBS 34.54%**

## Properties

Glycemic Index:9.09, Glycemic Load:5.28, Inflammation Score:-3, Nutrition Score:5.9339130857716%

## Nutrients (% of daily need)

Calories: 230.86kcal (11.54%), Fat: 13.57g (20.88%), Saturated Fat: 4.24g (26.48%), Carbohydrates: 20.56g (6.85%), Net Carbohydrates: 19.55g (7.11%), Sugar: 12.74g (14.15%), Cholesterol: 12.25mg (4.08%), Sodium: 162.79mg (7.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.44g (16.87%), Phosphorus: 145.96mg (14.6%), Manganese: 0.25mg (12.31%), Calcium: 120.27mg (12.03%), Vitamin B3: 2.36mg (11.79%), Selenium: 6.63µg (9.47%), Magnesium: 35.95mg (8.99%), Vitamin E: 1.22mg (8.13%), Vitamin B2: 0.14mg (8.04%), Folate: 28.23µg (7.06%), Zinc: 0.88mg (5.89%), Vitamin B1: 0.08mg (5.38%), Potassium: 169.99mg (4.86%), Iron: 0.78mg (4.36%), Copper: 0.09mg (4.29%), Vitamin B6: 0.08mg (4.06%), Fiber: 1.01g (4.05%), Vitamin B12: 0.19µg (3.15%), Vitamin B5: 0.31mg (3.13%), Vitamin A: 155.18IU (3.1%), Vitamin D: 0.21µg (1.41%)