



Smooth and Creamy Peanut Butter Pie

READY IN



195 min.

SERVINGS



8

CALORIES



350 kcal

DESSERT

Ingredients

- ☐ 1 9-inch chocolate cookie crumb crust prepared ()
- ☐ 1.3 cups confectioners' sugar
- ☐ 3 ounce cream cheese
- ☐ 0.8 cup creamy peanut butter
- ☐ 12 ounce non-dairy whipped topping frozen thawed

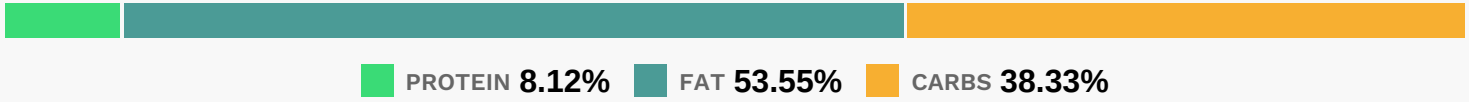
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a large bowl, mix together peanut butter, cream cheese and sugar. Then stir whipped topping into peanut butter mixture.
- ☐ Whisk until smooth and no lumps remain.
- ☐ Pour filling into pie crust and refrigerate for about 3 hours until pie is firm.

Nutrition Facts



Properties

Glycemic Index:5.13, Glycemic Load:0.75, Inflammation Score:-3, Nutrition Score:6.0360869791197%

Nutrients (% of daily need)

Calories: 350.41kcal (17.52%), Fat: 21.62g (33.25%), Saturated Fat: 9.4g (58.76%), Carbohydrates: 34.81g (11.6%), Net Carbohydrates: 33.65g (12.24%), Sugar: 31.35g (34.83%), Cholesterol: 11.59mg (3.86%), Sodium: 168.77mg (7.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.38g (14.76%), Manganese: 0.36mg (17.83%), Vitamin E: 2.51mg (16.72%), Vitamin B3: 3.27mg (16.36%), Phosphorus: 125.01mg (12.5%), Magnesium: 44.85mg (11.21%), Vitamin B2: 0.11mg (6.63%), Vitamin B6: 0.12mg (6.09%), Folate: 23.12µg (5.78%), Potassium: 193.93mg (5.54%), Copper: 0.11mg (5.45%), Calcium: 52.54mg (5.25%), Zinc: 0.71mg (4.75%), Fiber: 1.16g (4.65%), Selenium: 3.04µg (4.34%), Vitamin A: 174.24IU (3.48%), Vitamin B5: 0.32mg (3.17%), Vitamin B1: 0.04mg (2.98%), Iron: 0.49mg (2.71%), Vitamin B12: 0.11µg (1.81%), Vitamin K: 1.66µg (1.58%)