

Diabetic Peanut Butter Cheese Pie

Sara F Patterson, Nancy F Holley & Cleo F Long
Three Sisters Cookbook - Alexander City, AL

1 carton (12 ounce) fat-free cottage cheese
 3/4 cup peanut butter
 1 small box sugar-free white chocolate instant pudding mix
 1 container (12 ounce) cool Whip Lite®
 1 nine-inch reduced-fat graham cracker pie crust
 peanuts (for topping)

In a bowl, blend the cottage cheese, peanut butter and instant pudding mix until very smooth.

Add the Cool Whip and blend.

Pour the mixture into the pie crust.

Top with crushed peanuts.

Refrigerate.

Per Serving (excluding unknown items): 1228 Calories; 99g Fat (68.1% calories from fat); 63g Protein; 41g Carbohydrate; 11g Dietary Fiber; 5mg Cholesterol; 1206mg Sodium. Exchanges: 2 1/2 Grain(Starch); 8 Lean Meat; 16 1/2 Fat; 0 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	1228
% Calories from Fat:	68.1%
% Calories from Carbohydrates:	12.6%
% Calories from Protein:	19.3%
Total Fat (g):	99g
Saturated Fat (g):	20g
Monounsaturated Fat (g):	47g
Polyunsaturated Fat (g):	27g
Cholesterol (mg):	5mg
Carbohydrate (g):	41g
Dietary Fiber (g):	11g
Protein (g):	63g
Sodium (mg):	1206mg

Vitamin B6 (mg):	1.2mg
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.4mg
Folacin (mcg):	157mcg
Niacin (mg):	26mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0 0%

Food Exchanges

Grain (Starch):	2 1/2
Lean Meat:	8
Vegetable:	0

Potassium (mg): 1389mg
Calcium (mg): 134mg
Iron (mg): 4mg
Zinc (mg): 6mg
Vitamin C (mg): 0mg
Vitamin A (i.u.): 1011U
Vitamin A (r.e.): 30RE

Fruit: 0
Non-Fat Milk: 0
Fat: 16 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1228 **Calories from Fat:** 835

% Daily Values*

Total Fat 99g	153%
Saturated Fat 20g	100%
Cholesterol 5mg	2%
Sodium 1206mg	50%
Total Carbohydrates 41g	14%
Dietary Fiber 11g	46%
Protein 63g	
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Vitamin A	2%
Vitamin C	0%
Calcium	13%
Iron	21%

* Percent Daily Values are based on a 2000 calorie diet.