

Peanut Butter Icebox Pie

*Sarah Gish - Kansas City Star
Treasure Coast Newspapers*

Servings: 8

*1 package (8 ounce) cream cheese,
softened
1 can (14 ounce) sweetened condensed
milk
1 cup peanut butter
1 tablespoon lemon juice
1 tablespoon vanilla extract
1 cup heavy cream, whipped (makes
about three cups)
1 nine-inch graham cracker crust
2 tablespoons chocolate syrup*

In a large bowl, place the cream cheese. Beat with a hand-mixer on medium-high speed until fluffy.

Add the condensed milk and peanut butter. Beat until well blended.

Stir in the lemon juice and vanilla.

Fold in the whipped cream.

Pour into the graham cracker crust.

Drizzle with chocolate syrup.

Refrigerate for several hours.

Per Serving (excluding unknown items): 431 Calories; 30g Fat (60.1% calories from fat); 13g Protein; 31g Carbohydrate; 2g Dietary Fiber; 45mg Cholesterol; 287mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 0 Fruit; 5 1/2 Fat; 1 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	431	Vitamin B6 (mg):	.2mg
% Calories from Fat:	60.1%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	27.9%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	12.0%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	30g	Folacin (mcg):	32mcg
Saturated Fat (g):	12g	Niacin (mg):	4mg
Monounsaturated Fat (g):	12g	Caffeine (mg):	1mg
Polyunsaturated Fat (g):	5g	Alcohol (kcal):	5

Cholesterol (mg):	45mg
Carbohydrate (g):	31g
Dietary Fiber (g):	2g
Protein (g):	13g
Sodium (mg):	287mg
Potassium (mg):	408mg
Calcium (mg):	145mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	2mg
Vitamin A (i.u.):	541IU
Vitamin A (r.e.):	162 1/2RE

% Daily Values 0 0%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	1 1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	5 1/2
Other Carbohydrates:	1 1/2

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 431 Calories from Fat: 259

% Daily Values*

Total Fat 30g	46%
Saturated Fat 12g	59%
Cholesterol 45mg	15%
Sodium 287mg	12%
Total Carbohydrates 31g	10%
Dietary Fiber 2g	8%
Protein 13g	
Vitamin A	11%
Vitamin C	3%
Calcium	14%
Iron	6%

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