

# Peanut Butter Dessert

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Three Sisters Cookbook - Alexander City, AL

**Servings: 15**

3/4 cup margarine  
1 1/2 cups all-purpose flour  
1 cup dry-roasted peanuts, chopped  
1 package (8 ounce) cream cheese,  
softened  
1 cup confectioner's sugar  
1/3 cup peanut butter  
1 tub (16 ounce) Cool Whip, divided  
2 3/4 cups cold milk  
1 package (3.0 ounce) instant  
chocolate pudding mix  
1 package (3.4 ounce) instant vanilla  
pudding mix  
chocolate curls (optional)  
additional penuts (optional)

Preheat the oven to 350 degrees.

In a bowl, cut the butter into the flour until crumbly. Stir in the peanuts. Press into an ungreased 13x9-inch baking dish. Bake for 16 to 20 minutes or until lightly browned. Cool on a wire rack.

In a mixing bowl, beat the cream cheese, confectioner's sugar and peanut butter until smooth. Fold in 1-1/2 cups of the whipped topping. Carefully spread the mixture over the cooled crust.

In a bowl, whisk the milk and pudding mixes for 2 minutes. Let stand for 2 minutes or until soft-set. Carefully spread over the cream cheese layer. Top with the remaining whipped topping.

Garnish with chocolate curls and additional peanuts, if desired.

Refrigerate until serving.

Per Serving (excluding unknown items): 302 Calories; 22g Fat (64.7% calories from fat); 6g Protein; 21g Carbohydrate; 1g Dietary Fiber; 17mg Cholesterol; 258mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 4 Fat; 1/2 Other Carbohydrates.

Desserts

**Per Serving Nutritional Analysis**

Calories (kcal):	302	Vitamin B6 (mg):	.1mg
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% Calories from Fat:	64.7%
% Calories from Carbohydrates:	27.3%
% Calories from Protein:	8.1%
Total Fat (g):	22g
Saturated Fat (g):	6g
Monounsaturated Fat (g):	10g
Polyunsaturated Fat (g):	5g
Cholesterol (mg):	17mg
Carbohydrate (g):	21g
Dietary Fiber (g):	1g
Protein (g):	6g
Sodium (mg):	258mg
Potassium (mg):	139mg
Calcium (mg):	25mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	trace
Vitamin A (i.u.):	624IU
Vitamin A (r.e.):	157RE

Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	40mcg
Niacin (mg):	3mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.00%

## Food Exchanges

Grain (Starch):	1
Lean Meat:	1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	4
Other Carbohydrates:	1/2

## Nutrition Facts

Servings per Recipe: 15

### Amount Per Serving

**Calories** 302 Calories from Fat: 196

### % Daily Values\*

<b>Total Fat</b>	22g	34%
Saturated Fat	6g	31%
<b>Cholesterol</b>	17mg	6%
<b>Sodium</b>	258mg	11%
<b>Total Carbohydrates</b>	21g	7%
Dietary Fiber	1g	6%
<b>Protein</b>	6g	
<b>Vitamin A</b>		12%
<b>Vitamin C</b>		0%
<b>Calcium</b>		3%
<b>Iron</b>		6%

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