

# Applesauce Pie II

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2 unbaked refrigerated pie crusts  
16 1/2 ounces applesauce  
1 cup sugar  
4 large eggs, separated  
1/2 cup butter  
2 tablespoons cornstarch  
1 teaspoon pure vanilla  
2 cups evaporated milk  
1/2 cup milk

Preheat the oven to 400 degrees.

In a mixing bowl, mix the applesauce, sugar, egg yolks, butter, cornstarch and vanilla until the mixture is smooth. Add the evaporated milk.

In another bowl, beat the egg whites until stiff. Fold the egg whites into the applesauce mixture. Slowly stir in the milk. Pour into the two pie shells.

Bake for 15 minutes. Reduce the oven to 350 degrees. Bake for an additional 25 minutes.

Remove from the oven. Let sit before serving.

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Per Serving (excluding unknown items): 3052 Calories; 155g Fat (44.7% calories from fat); 65g Protein; 365g Carbohydrate; 6g Dietary Fiber; 1261mg Cholesterol; 1827mg Sodium. Exchanges: 1 Grain(Starch); 3 Lean Meat; 6 Fruit; 4 1/2 Non-Fat Milk; 27 1/2 Fat; 13 1/2 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

Calories (kcal):	3052	Vitamin B6 (mg):	.7mg
% Calories from Fat:	44.7%	Vitamin B12 (mcg):	4.0mcg
% Calories from Carbohydrates:	46.9%	Thiamin B1 (mg):	.5mg
% Calories from Protein:	8.4%	Riboflavin B2 (mg):	2.9mg
Total Fat (g):	155g	Folacin (mcg):	148mcg
Saturated Fat (g):	89g	Niacin (mg):	2mg
Monounsaturated Fat (g):	47g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	8g	Alcohol (kcal):	0
Cholesterol (mg):	1261mg	% Refuse:	0%

Carbohydrate (g): 365g  
 Dietary Fiber (g): 6g  
 Protein (g): 65g  
 Sodium (mg): 1827mg  
 Potassium (mg): 2300mg  
 Calcium (mg): 1612mg  
 Iron (mg): 7mg  
 Zinc (mg): 7mg  
 Vitamin C (mg): 19mg  
 Vitamin A (i.u.): 6650IU  
 Vitamin A (r.e.): 1557 1/2RE

## Food Exchanges

Grain (Starch): 1  
 Lean Meat: 3  
 Vegetable: 0  
 Fruit: 6  
 Non-Fat Milk: 4 1/2  
 Fat: 27 1/2  
 Other Carbohydrates: 13 1/2

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## Nutrition Facts

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### Amount Per Serving

**Calories** 3052                      Calories from Fat: 1365

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### % Daily Values\*

<b>Total Fat</b>	155g	238%
Saturated Fat	89g	446%
<b>Cholesterol</b>	1261mg	420%
<b>Sodium</b>	1827mg	76%
<b>Total Carbohydrates</b>	365g	122%
Dietary Fiber	6g	23%
<b>Protein</b>	65g	
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<b>Vitamin A</b>		133%
<b>Vitamin C</b>		31%
<b>Calcium</b>		161%
<b>Iron</b>		37%

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