

Black Bottom Ice Cream Pie

Mrs. Rolf Schroeder

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

Servings: 8

CRUST

1 1/4 cups chocolate wafer crumbs

1/4 cup butter, melted

FILLING

2 pints chocolate ice cream

2 squares semi-sweet chocolate, melted

1 cup heavy whipping cream

1/4 cup sugar

2 tablespoons golden rum

In a bowl, combine the cookie crumbs and melted butter. Mix well. Press the mixture evenly on the bottom and sides of a nine-inch pie plate.

Place the crust in the freezer.

Let the ice cream soften slightly. Beat with an electric mixer until smooth. Gradually add the melted chocolate, beating constantly. (The chocolate will harden and form fine pieces.)

Pour the ice cream into the crust. Return the pie to the freezer.

When the ice cream filling hardens a bit, beat the whipping cream in a bowl until thick. Add the sugar and rum and beat until stiff. Spoon on top of the pie.

Freeze until very firm, six or eight hours.

If desired, garnish with chocolate curls.

Per Serving (excluding unknown items): 328 Calories; 24g Fat (65.2% calories from fat); 3g Protein; 26g Carbohydrate; 1g Dietary Fiber; 79mg Cholesterol; 120mg Sodium. Exchanges: 0 Non-Fat Milk; 5 Fat; 1 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	328	Vitamin B6 (mg):	trace
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% Calories from Fat:	65.2%
% Calories from Carbohydrates:	31.0%
% Calories from Protein:	3.8%
Total Fat (g):	24g
Saturated Fat (g):	15g
Monounsaturated Fat (g):	7g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	79mg
Carbohydrate (g):	26g
Dietary Fiber (g):	1g
Protein (g):	3g
Sodium (mg):	120mg
Potassium (mg):	189mg
Calcium (mg):	93mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	1mg
Vitamin A (i.u.):	929IU
Vitamin A (r.e.):	261 1/2RE

Vitamin B12 (mcg):	.3mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	12mcg
Niacin (mg):	trace
Caffeine (mg):	2mg
Alcohol (kcal):	8
% Refuse:	0.0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories	328	Calories from Fat:	214
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% Daily Values*

Total Fat	24g	37%
Saturated Fat	15g	75%
Cholesterol	79mg	26%
Sodium	120mg	5%
Total Carbohydrates	26g	9%
Dietary Fiber	1g	2%
Protein	3g	
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Vitamin A		19%
Vitamin C		1%
Calcium		9%
Iron		4%

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