

# Blueberry Cool Whip Pie

Mrs. William J. Carona and Mrs. W. A. Whitley  
River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

## Servings: 8

1 eight-inch baked pie shell  
1/3 cup chopped pecans  
1 package (9 ounce) cream cheese  
2 cups powdered sugar  
1 small carton Cool Whip  
1/2 cup milk  
1/2 can blueberry pie filling

Place the crust in a pie dish. Sprinkle the chopped pecans on the bottom of the pie crust.

In a bowl, mix the cream cheese and sugar. Cream them together.

In another bowl, mix the Cool Whip and milk. Beat until thoroughly mixed. Add the cream cheese mixture and the whipped topping. Beat until well mixed.

Pour the filling into the crust. Add the pie filling to the middle of the pie. Do not cover all of the pie. It's prettier if an inch or an inch and a half of the pie filling around the edge is showing.

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Per Serving (excluding unknown items): 266 Calories; 14g Fat (46.0% calories from fat); 3g Protein; 34g Carbohydrate; trace Dietary Fiber; 34mg Cholesterol; 97mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 2 1/2 Fat; 2 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

Calories (kcal):	266	Vitamin B6 (mg):	trace
% Calories from Fat:	46.0%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	49.5%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	4.5%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	14g	Folacin (mcg):	7mcg
Saturated Fat (g):	7g	Niacin (mg):	trace
Monounsaturated Fat (g):	5g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	34mg	% Refuse:	0 0%

Carbohydrate (g):	34g
Dietary Fiber (g):	trace
Protein (g):	3g
Sodium (mg):	97mg
Potassium (mg):	78mg
Calcium (mg):	43mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	trace
Vitamin A (i.u.):	439IU
Vitamin A (r.e.):	131RE

## Food Exchanges

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

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## Nutrition Facts

Servings per Recipe: 8

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### Amount Per Serving

**Calories** 266 Calories from Fat: 123

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#### % Daily Values\*

<b>Total Fat</b> 14g	21%
Saturated Fat 7g	35%
<b>Cholesterol</b> 34mg	11%
<b>Sodium</b> 97mg	4%
<b>Total Carbohydrates</b> 34g	11%
Dietary Fiber trace	2%
<b>Protein</b> 3g	

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<b>Vitamin A</b>	9%
<b>Vitamin C</b>	0%
<b>Calcium</b>	4%
<b>Iron</b>	3%

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