

Caramel Delight Dessert

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Three Sisters Cookbook - Alexander City, AL

CRUST

1 cup flour
1 stick butter, melted
1/2 cup pecans, finely chopped

SECOND LAYER

8 ounces cream cheese
1 can Eagle Brand unsweetened condensed milk
1 container (16 ounce) Cool Whip
1/8 teaspoon vanilla
1 jar Schmucker's caramel topping
1/2 cup chopped nuts
1/4 stick butter, melted
1/2 cup coconut, toasted

Preheat the oven to 350 degrees.

For the crust: In a bowl, mix together the flour, melted margarine and pecans. Press the mixture into a 13x9-inch pyrex dish. Bake for 20 minutes. Cool well.

For the second layer: In a bowl, cream the cream cheese and add the condensed milk. Mix well. Fold in the Cool Whip and vanilla. Spread over the cooled crust. Pour the caramel topping over the cream cheese layer.

In a skillet, toast the nuts in the melted butter. Drain off the butter.

Toast the coconut. Spread the nuts and coconut over the caramel layer.

Freeze.

Per Serving (excluding unknown items): 3204 Calories; 285g Fat (78.0% calories from fat); 49g Protein; 133g Carbohydrate; 18g Dietary Fiber; 559mg Cholesterol; 1860mg Sodium. Exchanges: 8 Grain(Starch); 4 Lean Meat; 1/2 Fruit; 54 Fat.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	3204	Vitamin B6 (mg):	.4mg
% Calories from Fat:	78.0%	Vitamin B12 (mcg):	1.1mcg
% Calories from Carbohydrates:	16.1%	Thiamin B1 (mg):	1.8mg
% Calories from Protein:	5.9%	Riboflavin B2 (mg):	1.3mg

Total Fat (g): 285g
Saturated Fat (g): 143g
Monounsaturated Fat (g): 101g
Polyunsaturated Fat (g): 26g
Cholesterol (mg): 559mg
Carbohydrate (g): 133g
Dietary Fiber (g): 18g
Protein (g): 49g
Sodium (mg): 1860mg
Potassium (mg): 1208mg
Calcium (mg): 336mg
Iron (mg): 13mg
Zinc (mg): 9mg
Vitamin C (mg): 3mg
Vitamin A (i.u.): 7654IU
Vitamin A (r.e.): 2056 1/2RE

Folacin (mcg): 157mcg
Niacin (mg): 12mg
Caffeine (mg): 0mg
Alcohol (kcal): 2
% Refuse: n n%

Food Exchanges

Grain (Starch): 8
Lean Meat: 4
Vegetable: 0
Fruit: 1/2
Non-Fat Milk: 0
Fat: 54
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 3204 **Calories from Fat:** 2498

% Daily Values*

Total Fat	285g	439%
Saturated Fat	143g	713%
Cholesterol	559mg	186%
Sodium	1860mg	77%
Total Carbohydrates	133g	44%
Dietary Fiber	18g	73%
Protein	49g	
Vitamin A		153%
Vitamin C		5%
Calcium		34%
Iron		73%

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