

# Chocolate Amaretto Mousse Pie

Sara F Patterson, Nancy F Holley & Cleo F Long  
Three Sisters Cookbook - Alexander City, AL

## Servings: 8

2 envelopes (1.5 ounce ea) Dream  
Whip  
1 1/2 cups milk  
2 small packages instant chocolate  
pudding mix  
1/4 cup Amaretto  
1 ten-inch baked pieshell  
6 to 8 ounces Cool Whip Lite®  
chocolate shavings (optional)

Prepare the topping mix according to directions.

Add the milk, pudding mix and Amaretto. Beat  
for 2 minutes. Spoon into the pie shell.

Top with Cool Whip and the chocolate shavings.

Chill overnight.

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Per Serving (excluding unknown  
items): 56 Calories; 2g Fat (39.2%  
calories from fat); 2g Protein; 5g  
Carbohydrate; 0g Dietary Fiber;  
6mg Cholesterol; 25mg Sodium.  
Exchanges: 0 Non-Fat Milk; 1/2  
Fat; 0 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

Calories (kcal):	56
% Calories from Fat:	39.2%
% Calories from Carbohydrates:	47.0%
% Calories from Protein:	13.8%
Total Fat (g):	2g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	6mg
Carbohydrate (g):	5g
Dietary Fiber (g):	0g
Protein (g):	2g
Sodium (mg):	25mg
Potassium (mg):	72mg

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	2mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	20
% Refuse:	n.n%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0

**Calcium (mg):** 55mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** trace  
**Vitamin A (i.u.):** 711U  
**Vitamin A (r.e.):** 21 1/2RE

**Non-Fat Milk:** 0  
**Fat:** 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

**Calories** 56 Calories from Fat: 22

### % Daily Values\*

<b>Total Fat</b>	2g		3%
	Saturated Fat	1g	5%
<b>Cholesterol</b>	6mg		2%
<b>Sodium</b>	25mg		1%
<b>Total Carbohydrates</b>	5g		2%
	Dietary Fiber	0g	0%
<b>Protein</b>	2g		

<b>Vitamin A</b>		1%
<b>Vitamin C</b>		1%
<b>Calcium</b>		5%
<b>Iron</b>		0%

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