

Coconut Caramel Pie

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

1/4 cup butter or margarine
1 package (7 ounce) flaked coconut
(can or bag), not frozen
1/2 cup pecans, chopped
1 package (8 ounce) cream cheese,
softened
1 can (14 ounce) Eagle Brand
sweetened condensed milk
1 tub (16 ounce) Cool Whip Lite®,
thawed
2 nine-inch deep-dish pie shells,
baked
1 jar (12 ounce) caramel ice cream
topping

Melt the butter in a large skillet. Add the coconut and chopped pecans. Cook until golden brown, stirring frequently. Set aside to cool.

In a bowl, combine the cream cheese and condensed milk. Beat until smooth. Fold in the Cool Whip. Layer one-fourth of the cream cheese mixture into each of the cooled pie shells. Drizzle one-fourth of the caramel topping on each pie. Sprinkle one-fourth of the coconut mixture evenly over each pie.

Repeat the layers with the remaining ingredients making sure that you finish with the coconut layer on top. Cover and freeze until firm.

Let the frozen pie stand at room temperature for 5 minutes before slicing. Cut small pieces. The pie is very rich but very delicious.

Per Serving (excluding unknown items): 1586 Calories; 164g Fat (90.4% calories from fat); 22g Protein; 17g Carbohydrate; 4g Dietary Fiber; 379mg Cholesterol; 1157mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 31 Fat; 0 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

| | | | |
|---------------------------------------|-------|----------------------------|--------|
| Calories (kcal): | 1586 | Vitamin B6 (mg): | .2mg |
| % Calories from Fat: | 90.4% | Vitamin B12 (mcg): | 1.1mcg |
| % Calories from Carbohydrates: | 4.2% | Thiamin B1 (mg): | .5mg |
| % Calories from Protein: | 5.4% | Riboflavin B2 (mg): | .5mg |
| Total Fat (g): | 164g | Folacin (mcg): | 53mcg |
| | | | 1mg |

Saturated Fat (g): 83g
Monounsaturated Fat (g): 59g
Polyunsaturated Fat (g): 14g
Cholesterol (mg): 379mg
Carbohydrate (g): 17g
Dietary Fiber (g): 4g
Protein (g): 22g
Sodium (mg): 1157mg
Potassium (mg): 507mg
Calcium (mg): 219mg
Iron (mg): 4mg
Zinc (mg): 4mg
Vitamin C (mg): 1mg
Vitamin A (i.u.): 5131IU
Vitamin A (r.e.): 1439RE

Niacin (mg):
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0 n n%

Food Exchanges

Grain (Starch): 1/2
Lean Meat: 3
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 31
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1586 **Calories from Fat:** 1434

% Daily Values*

| | |
|--------------------------------|------|
| Total Fat 164g | 252% |
| Saturated Fat 83g | 413% |
| Cholesterol 379mg | 126% |
| Sodium 1157mg | 48% |
| Total Carbohydrates 17g | 6% |
| Dietary Fiber 4g | 16% |
| Protein 22g | |
| Vitamin A | 103% |
| Vitamin C | 2% |
| Calcium | 22% |
| Iron | 22% |

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