

Coconut Cream Parfait Pie

*Paula Macri - Gattuso's Bella Cucina
Scripps Treasure Coast Newspapers*

*2 packages (3.4 ounce ea) coconut
cream pudding
2 cups chilled evaporated milk
1 cup cold water
2 containers (8 ounce ea) Cool Whip,
extra creamy*

CRUST

*2 cups graham cracker crumbs
1 stick butter, melted
2 tablespoons sugar*

TOPPING

*1 container (8 ounce) Cool Whip,
extra creamy
1/2 cup toasted coconut*

Prepare the crust: In a small bowl, mix together the graham cracker crumbs, butter and sugar. Be sure that the graham cracker crumbs are well coated with the butter.

Press the crust mix into a 7x11-inch pan.

In a large bowl, mix the pudding mix, milk and the cold water. Beat at low speed for about 2 minutes. Set aside and let stand for 1 minute.

Fold in one container of Cool Whip into the pudding mixture until blended well. Fold in the second container and blend well.

Pour on top of the crust.

Refrigerate for about three hours until the pudding is firm.

Remove from the refrigerator and spread the additional Cool Whip container over the pudding layer, making swirls. Sprinkle with the toasted coconut.

Serve cold.

Per Serving (excluding unknown items): 2140 Calories; 134g Fat (55.1% calories from fat); 23g Protein; 222g Carbohydrate; 5g Dietary Fiber; 268mg Cholesterol; 2431mg Sodium. Exchanges: 8 1/2 Grain(Starch); 1 Fruit; 27 Fat; 5 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	2140	Vitamin B6 (mg):	.6mg
% Calories from Fat:	55.1%	Vitamin B12 (mcg):	.9mcg
% Calories from Carbohydrates:	40.6%	Thiamin B1 (mg):	.5mg
% Calories from Protein:	4.3%	Riboflavin B2 (mg):	1.0mg
Total Fat (g):	134g	Folacin (mcg):	46mcg
Saturated Fat (g):	83g	Niacin (mg):	7mg
Monounsaturated Fat (g):	37g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	6g	Alcohol (kcal):	0
Cholesterol (mg):	268mg	% Refused:	n n%
Carbohydrate (g):	222g	Food Exchanges	
Dietary Fiber (g):	5g	Grain (Starch):	8 1/2
Protein (g):	23g	Lean Meat:	0
Sodium (mg):	2431mg	Vegetable:	0
Potassium (mg):	915mg	Fruit:	1
Calcium (mg):	399mg	Non-Fat Milk:	0
Iron (mg):	8mg	Fat:	27
Zinc (mg):	3mg	Other Carbohydrates:	5
Vitamin C (mg):	3mg		
Vitamin A (i.u.):	3972IU		
Vitamin A (r.e.):	998 1/2RE		

Nutrition Facts

Amount Per Serving	
Calories 2140	Calories from Fat: 1179
% Daily Values*	
Total Fat 134g	206%
Saturated Fat 83g	413%
Cholesterol 268mg	89%
Sodium 2431mg	101%
Total Carbohydrates 222g	74%
Dietary Fiber 5g	21%
Protein 23g	
Vitamin A	79%
Vitamin C	4%
Calcium	40%
Iron	46%

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