

Coconut Pie II

Rose Rodriguez

Community Living Committee - All Saint's Church Hammond, IN 1987

1 package (3 ounces) cream cheese
1 tablespoon sugar
1/2 cup milk
1 1/2 cups coconut
1 carton (8 ounces) non-dairy
whipped topping, thawed
1 prepared eight- or nine-inch graham
cracker crust

In a mixer bowl, beat the cream cheese until softened. Beat in the sugar.

Gradually add the milk and beat until smooth.

Fold in the coconut and whipped topping. Spoon into the crust.

Freeze until firm (about four hours).

Garnish with toasted coconut, if desired.

Per Serving (excluding unknown items): 1358 Calories; 125g Fat (80.5% calories from fat); 26g Protein; 43g Carbohydrate; 11g Dietary Fiber; 271mg Cholesterol; 769mg Sodium. Exchanges: 2 1/2 Lean Meat; 1 Fruit; 1/2 Non-Fat Milk; 23 1/2 Fat; 1 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	1358	Vitamin B6 (mg):	.2mg
% Calories from Fat:	80.5%	Vitamin B12 (mcg):	1.4mcg
% Calories from Carbohydrates:	12.2%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	7.3%	Riboflavin B2 (mg):	.7mg
Total Fat (g):	125g	Folacin (mcg):	68mcg
Saturated Fat (g):	89g	Niacin (mg):	1mg
Monounsaturated Fat (g):	26g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	4g	Alcohol (kcal):	0
Cholesterol (mg):	271mg	% Refuse:	n n%
Carbohydrate (g):	43g	Food Exchanges	
Dietary Fiber (g):	11g	Grain (Starch):	0
Protein (g):	26g	Lean Meat:	2 1/2

Sodium (mg): 769mg
Potassium (mg): 889mg
Calcium (mg): 348mg
Iron (mg): 6mg
Zinc (mg): 3mg
Vitamin C (mg): 5mg
Vitamin A (i.u.): 3464IU
Vitamin A (r.e.): 1044RE

Vegetable: 0
Fruit: 1
Non-Fat Milk: 1/2
Fat: 23 1/2
Other Carbohydrates: 1

Nutrition Facts

Amount Per Serving

Calories 1358 Calories from Fat: 1094

% Daily Values*

Total Fat	125g	193%
Saturated Fat	89g	446%
Cholesterol	271mg	90%
Sodium	769mg	32%
Total Carbohydrates	43g	14%
Dietary Fiber	11g	43%
Protein	26g	
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Vitamin A		69%
Vitamin C		9%
Calcium		35%
Iron		32%

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