

# Creme de Menthe Dessert

Mrs. Millard Byrd Jr

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

## Servings: 10

2 bottles (4 ounce ea) green cherries,  
drained

3/4 cup creme de menthe

1/2 gallon vanilla ice cream

20 macaroon cookies, crumbled

1/2 cup toasted pecans, chopped

Soak the cherries overnight in the creme de menthe.

Allow the ice cream to soften a little. Beat the ice cream in an electric mixer to further soften it.

Add the creme de menthe to the ice cream. Fold in the cherries, macaroons and pecans.

Pour into an ice box tray or similar freezer container.

Freeze overnight.

Serve in individual sherbert glasses.

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Per Serving (excluding unknown items): 437 Calories; 20g Fat (44.1% calories from fat); 5g Protein; 51g Carbohydrate; 2g Dietary Fiber; 46mg Cholesterol; 166mg Sodium. Exchanges: 4 Fat; 3 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

Calories (kcal):	437	Vitamin B6 (mg):	trace
% Calories from Fat:	44.1%	Vitamin B12 (mcg):	.4mcg
% Calories from Carbohydrates:	51.2%	Thiamin B1 (mg):	trace
% Calories from Protein:	4.7%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	20g	Folacin (mcg):	5mcg
Saturated Fat (g):	11g	Niacin (mg):	trace
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	75
Cholesterol (mg):	46mg	% Refuse:	0.0%

Carbohydrate (g):	51g
Dietary Fiber (g):	2g
Protein (g):	5g
Sodium (mg):	166mg
Potassium (mg):	210mg
Calcium (mg):	135mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	1mg
Vitamin A (i.u.):	432IU
Vitamin A (r.e.):	123 1/2RE

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	4
Other Carbohydrates:	3

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## Nutrition Facts

Servings per Recipe: 10

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### Amount Per Serving

**Calories** 437                      **Calories from Fat:** 193

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### % Daily Values\*

<b>Total Fat</b> 20g	30%
Saturated Fat 11g	56%
<b>Cholesterol</b> 46mg	15%
<b>Sodium</b> 166mg	7%
<b>Total Carbohydrates</b> 51g	17%
Dietary Fiber 2g	8%
<b>Protein</b> 5g	
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<b>Vitamin A</b>	9%
<b>Vitamin C</b>	1%
<b>Calcium</b>	14%
<b>Iron</b>	7%

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