

Eggnog Chiffon Pie

Betty Karaffa

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

Servings: 6

2 envelopes unflavored gelatin
4 cups dairy eggnog
1/4 cup sugar
1/4 teaspoon ground nutmeg
4 teaspoons rum
1 cup heavy cream, whipped
1 ten-inch graham cracker pie shell

In the top of a double-boiler, sprinkle the gelatin over one cup of cold eggnog to soften. Place over boiling water. Add the sugar and stir until the gelatin and sugar are dissolved. Add the remaining eggnog, nutmeg and rum. Chill until the mixture is the consistency of unbeaten egg white.

Whip until light and fluffy. Fold in the whipped cream. Turn the mixture into the pie shell and refrigerate until firm.

Top with additional whipped cream. Garnish, if desired, with shaved chocolate and chopped maraschino cherries.

Per Serving (excluding unknown items): 285 Calories; 15g Fat (46.5% calories from fat); 3g Protein; 35g Carbohydrate; trace Dietary Fiber; 54mg Cholesterol; 87mg Sodium. Exchanges: 0 Grain(Starch); 0 Non-Fat Milk; 3 Fat; 2 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	285	Vitamin B6 (mg):	trace
% Calories from Fat:	46.5%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	49.3%	Thiamin B1 (mg):	trace
% Calories from Protein:	4.2%	Riboflavin B2 (mg):	trace
Total Fat (g):	15g	Folacin (mcg):	2mcg
Saturated Fat (g):	9g	Niacin (mg):	trace
Monounsaturated Fat (g):	4g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	7
Cholesterol (mg):	54mg	% Refuse:	n n%

Carbohydrate (g):	35g
Dietary Fiber (g):	trace
Protein (g):	3g
Sodium (mg):	87mg
Potassium (mg):	32mg
Calcium (mg):	27mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	trace
Vitamin A (i.u.):	583IU
Vitamin A (r.e.):	167RE

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 285	Calories from Fat: 132
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% Daily Values*

Total Fat 15g	23%
Saturated Fat 9g	46%
Cholesterol 54mg	18%
Sodium 87mg	4%
Total Carbohydrates 35g	12%
Dietary Fiber trace	0%
Protein 3g	
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Vitamin A	12%
Vitamin C	0%
Calcium	3%
Iron	0%

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