

Expresso Dessert

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Three Sisters Cookbook - Alexander City, AL

Servings: 12

24 Oreo cookies, crushed
1/3 cup margarine, melted
1/2 gallon coffee ice cream
3 ounces unsweetened chocolate
2 tablespoons margarine
1 cup granulated sugar
confectioner's sugar (to taste)
2 cans (5-1/2 ounce ea) evaporated milk
1/2 teaspoon vanilla
1 1/2 cups Cool Whip Lite®
dash salt
1 1/2 ounces Kahlua
1/2 cup nuts

In a bowl, combine the Oreos and margarine. Press into the bottom of a buttered 13x9-inch pan. Refrigerate.

When chilled, spoon the softened ice cream evenly across the bottom of the crust. Freeze.

In a saucepan, melt the chocolate and margarine. Add the granulated sugar, salt and milk. Bring to a boil, stirring until thickened. Add the vanilla. Place in a bowl and chill.

Spread the filling on top of the ice cream. Freeze.

In a bowl, mix the Cool Whip, Kahlua and confectioner's sugar. Spread over the filling. Top with nuts. Freeze.

Per Serving (excluding unknown items): 475 Calories; 29g Fat (53.5% calories from fat); 7g Protein; 49g Carbohydrate; 2g Dietary Fiber; 52mg Cholesterol; 187mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Non-Fat Milk; 5 1/2 Fat; 2 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

| | | | |
|--------------------------------|-------|---------------------|-------|
| Calories (kcal): | 475 | Vitamin B6 (mg): | trace |
| % Calories from Fat: | 53.5% | Vitamin B12 (mcg): | .1mcg |
| % Calories from Carbohydrates: | 40.5% | Thiamin B1 (mg): | .1mg |
| % Calories from Protein: | 6.0% | Riboflavin B2 (mg): | .2mg |
| Total Fat (g): | 29g | Folacin (mcg): | 9mcg |
| Saturated Fat (g): | 13g | Niacin (mg): | trace |

Monounsaturated Fat (g): 7g
Polyunsaturated Fat (g): 3g
Cholesterol (mg): 52mg
Carbohydrate (g): 49g
Dietary Fiber (g): 2g
Protein (g): 7g
Sodium (mg): 187mg
Potassium (mg): 234mg
Calcium (mg): 125mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 1mg
Vitamin A (i.u.): 516IU
Vitamin A (r.e.): 110 1/2RE

Caffeine (mg): 14mg
Alcohol (kcal): 13
% Refused: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 1/2
Fat: 5 1/2
Other Carbohydrates: 2 1/2

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 475 **Calories from Fat:** 254

% Daily Values*

| | | |
|----------------------------|-------------------|-----|
| Total Fat | 29g | 45% |
| | Saturated Fat 13g | 63% |
| Cholesterol | 52mg | 17% |
| Sodium | 187mg | 8% |
| Total Carbohydrates | 49g | 16% |
| | Dietary Fiber 2g | 7% |
| Protein | 7g | |

| | |
|------------------|-----|
| Vitamin A | 10% |
| Vitamin C | 1% |
| Calcium | 12% |
| Iron | 4% |

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