

Frosty Strawberry Pie

Eileen Barlock

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

1 Package (10 Ounce) Frozen strawberries, thawed
1 egg white, unbeaten, at room temperature
1/2 Cup Sugar
2 Teaspoons Lemon juice
1 Cup Heavy whipping cream

In a large mixing bowl, combine the strawberries, egg white, sugar and lemon juice. Beat the mixture with an electric mixer at high speed until thick and creamy, 5 to 8 minutes.

In a separate bowl beat the whipping cream until thick. Fold gently but thoroughly into the strawberry mixture. Spoon lightly into the baked pie shell.

Freeze for four to six hours or overnight.

Per Serving (excluding unknown items): 1426 Calories; 88g Fat (53.8% calories from fat); 10g Protein; 161g Carbohydrate; 5g Dietary Fiber; 326mg Cholesterol; 148mg Sodium. Exchanges: 1/2 Lean Meat; 3 1/2 Fruit; 1/2 Non-Fat Milk; 17 1/2 Fat; 6 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	1426
% Calories from Fat:	53.8%
% Calories from Carbohydrates:	43.6%
% Calories from Protein:	2.6%
Total Fat (g):	88g
Saturated Fat (g):	55g
Monounsaturated Fat (g):	25g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	326mg
Carbohydrate (g):	161g
Dietary Fiber (g):	5g
Protein (g):	10g
	148mg

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.5mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.6mg
Folacin (mcg):	21mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
	0

Sodium (mg):
Potassium (mg): 492mg
Calcium (mg): 186mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 107mg
Vitamin A (i.u.): 3569IU
Vitamin A (r.e.): 1010RE

Vegetable:
Fruit: 3 1/2
Non-Fat Milk: 1/2
Fat: 17 1/2
Other Carbohydrates: 6 1/2

Nutrition Facts

Amount Per Serving

Calories 1426 Calories from Fat: 767

% Daily Values*

Total Fat	88g		136%
	Saturated Fat	55g	274%
Cholesterol	326mg		109%
Sodium	148mg		6%
Total Carbohydrates	161g		54%
	Dietary Fiber	5g	20%
Protein	10g		
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Vitamin A			71%
Vitamin C			178%
Calcium			19%
Iron			7%

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