

German Sweet Chocolate Pie

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

1 package (4 ounces) Baker's
German sweet chocolate
1/3 cup milk
2 tablespoons sugar
1 package (3 ounces) cream cheese,
softened
3 1/2 cups Cool Whip Lite, thawed
1 nine-inch graham cracker pie crust

Heat the chocolate and two tablespoons of milk
in a pan over low heat, stirring until melted.

Beat the sugar into the cream cheese. Add the
remaining milk and the chocolate mixture. Beat
until smooth. Spoon into the crust.

Freeze until firm (four hours).

Garnish with chocolate curls.

Let stand at room temperature to soften before
serving.

Store leftovers in the freezer.

Per Serving (excluding unknown
items): 956 Calories; 84g Fat
(77.4% calories from fat); 20g
Protein; 35g Carbohydrate; 0g
Dietary Fiber; 265mg Cholesterol;
725mg Sodium. Exchanges: 2 1/2
Lean Meat; 1/2 Non-Fat Milk; 15
1/2 Fat; 1 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	956	Vitamin B6 (mg):	.1mg
% Calories from Fat:	77.4%	Vitamin B12 (mcg):	1.3mcg
% Calories from Carbohydrates:	14.4%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	8.3%	Riboflavin B2 (mg):	.6mg
Total Fat (g):	84g	Folacin (mcg):	35mcg
Saturated Fat (g):	53g	Niacin (mg):	trace
Monounsaturated Fat (g):	24g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	265mg	% Refuse:	0 0%

Carbohydrate (g):	35g
Dietary Fiber (g):	0g
Protein (g):	20g
Sodium (mg):	725mg
Potassium (mg):	399mg
Calcium (mg):	282mg
Iron (mg):	3mg
Zinc (mg):	2mg
Vitamin C (mg):	1mg
Vitamin A (i.u.):	3412IU
Vitamin A (r.e.):	1028RE

Food Exchanges

Grain (Starch):	0
Lean Meat:	2 1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	1/2
Fat:	15 1/2
Other Carbohydrates:	1 1/2

Nutrition Facts

Amount Per Serving

Calories 956 Calories from Fat: 739

% Daily Values*

Total Fat 84g	129%
Saturated Fat 53g	263%
Cholesterol 265mg	88%
Sodium 725mg	30%
Total Carbohydrates 35g	12%
Dietary Fiber 0g	0%
Protein 20g	
Vitamin A	68%
Vitamin C	1%
Calcium	28%
Iron	16%

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