

Hawaii Pie

Helen Mattingly

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

1 medium can crushed pineapple
1 cup sugar
2 tablespoons flour
1 cooked pie crust
2 bananas, sliced
1/2 cup coconut
1/2 cup pecans

In a saucepan, combine the sugar and flour.
Add the pineapple. Cook until thick. Let cool.

On the cooked pie crust, add the bananas,
coconut and pecans.

Pour the pineapple mixture over the top.

Refrigerate.

When serving, top the pie with whipped cream,
broken nuts or fresh strawberries.

Per Serving (excluding unknown items): 1700 Calories; 51g Fat (25.8% calories from fat); 11g Protein; 322g Carbohydrate; 16g Dietary Fiber; 0mg Cholesterol; 16mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 6 1/2 Fruit; 9 1/2 Fat; 13 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	1700	Vitamin B6 (mg):	1.7mg
% Calories from Fat:	25.8%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	71.8%	Thiamin B1 (mg):	.9mg
% Calories from Protein:	2.4%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	51g	Folacin (mcg):	93mcg
Saturated Fat (g):	15g	Niacin (mg):	4mg
Monounsaturated Fat (g):	23g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	10g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	n n%
Carbohydrate (g):	322g	Food Exchanges	
Dietary Fiber (g):	16g	Grain (Starch):	1 1/2

Protein (g): 11g
Sodium (mg): 16mg
Potassium (mg): 1614mg
Calcium (mg): 79mg
Iron (mg): 4mg
Zinc (mg): 4mg
Vitamin C (mg): 48mg
Vitamin A (i.u.): 355IU
Vitamin A (r.e.): 35 1/2RE

Lean Meat: 1/2
Vegetable: 0
Fruit: 6 1/2
Non-Fat Milk: 0
Fat: 9 1/2
Other Carbohydrates: 13 1/2

Nutrition Facts

Amount Per Serving

Calories 1700 **Calories from Fat:** 438

% Daily Values*

Total Fat 51g	79%
Saturated Fat 15g	76%
Cholesterol 0mg	0%
Sodium 16mg	1%
Total Carbohydrates 322g	107%
Dietary Fiber 16g	62%
Protein 11g	

Vitamin A	7%
Vitamin C	79%
Calcium	8%
Iron	24%

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