

Hawaiian Pie

Bernadette Lyons

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

CRUST

25 graham crackers, crushed

1/2 cup shortening

2 tablespoons sugar

FILLING

2 cups crushed pineapple with juice

1/3 cup flour

3/4 cup sugar

1/2 teaspoon salt

1 tablespoon butter

2 tablespoons lemon juice

Preheat the oven to 400 degrees.

For the crust: Combine the graham crackers, shortening and sugar. Reserve 1/4 cup of the mixture for topping. Line the bottom and side of a pie pan with the remaining graham cracker mixture.

For the filling: In a double boiler, mix the pineapple, flour, sugar and salt. Cook until thick. Add the butter and lemon juice. Turn the mixture into the crust.

Bake for 20 minutes.

Place the reserved graham cracker mixture on top.

Serve with topping.

Per Serving (excluding unknown items): 2583 Calories; 132g Fat (45.2% calories from fat); 16g Protein; 343g Carbohydrate; 6g Dietary Fiber; 31mg Cholesterol; 2245mg Sodium. Exchanges: 11 Grain(Starch); 0 Fruit; 26 1/2 Fat; 11 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	2583	Vitamin B6 (mg):	trace
% Calories from Fat:	45.2%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	52.3%	Thiamin B1 (mg):	.6mg
% Calories from Protein:	2.5%	Riboflavin B2 (mg):	.7mg
Total Fat (g):	132g	Folacin (mcg):	120mcg

Saturated Fat (g): 35g
Monounsaturated Fat (g): 56g
Polyunsaturated Fat (g): 34g
Cholesterol (mg): 31mg
Carbohydrate (g): 343g
Dietary Fiber (g): 6g
Protein (g): 16g
Sodium (mg): 2245mg
Potassium (mg): 325mg
Calcium (mg): 62mg
Iron (mg): 9mg
Zinc (mg): 2mg
Vitamin C (mg): 14mg
Vitamin A (i.u.): 440IU
Vitamin A (r.e.): 108RE

Niacin (mg): 9mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: n n%

Food Exchanges

Grain (Starch): 11
Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 26 1/2
Other Carbohydrates: 11 1/2

Nutrition Facts

Amount Per Serving

Calories 2583 **Calories from Fat:** 1168

% Daily Values*

Total Fat	132g	203%
Saturated Fat	35g	177%
Cholesterol	31mg	10%
Sodium	2245mg	94%
Total Carbohydrates	343g	114%
Dietary Fiber	6g	24%
Protein	16g	
Vitamin A		9%
Vitamin C		23%
Calcium		6%
Iron		48%

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