

Icebox Pie

Mary B. Jolley

Gourmet Eating in South Carolina - (1985)

Yield: 2 pies

1 large carton Cool Whip Lite®
1 can (#303) crushed pineapple,
drained
1 cup nuts, chopped
lemon juice (to taste)
1 can condensed milk
2 baked pie crusts OR 2 browned
graham cracker crusts

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In a bowl, mix all of the ingredients.

Pour the filling into two pie shells.

Refrigerate at least overnight.

*VARIATIONS: Omit the
pineapple and nuts. Add the juice of
a large lemon on lime and one small
can of limeade, undiluted. Add green
food coloring. Use a chocolate graham
cracker crust.*

Per Serving (excluding unknown
items): 1036 Calories; 81g Fat
(65.5% calories from fat); 25g
Protein; 71g Carbohydrate; 16g
Dietary Fiber; 0mg Cholesterol;
21mg Sodium. Exchanges: 2
Grain(Starch); 2 1/2 Lean Meat; 2
1/2 Fruit; 14 1/2 Fat; 0 Other
Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	1036
% Calories from Fat:	65.5%
% Calories from Carbohydrates:	25.5%
% Calories from Protein:	9.0%
Total Fat (g):	81g
Saturated Fat (g):	12g
Monounsaturated Fat (g):	45g
Polyunsaturated Fat (g):	19g
Cholesterol (mg):	0mg
Carbohydrate (g):	71g
Dietary Fiber (g):	16g
Protein (g):	25g
Sodium (mg):	21mg

Vitamin B6 (mg):	.5mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.9mg
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	130mcg
Niacin (mg):	8mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

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

Potassium (mg): 1134mg
Calcium (mg): 189mg
Iron (mg): 5mg
Zinc (mg): 7mg
Vitamin C (mg): 24mg
Vitamin A (i.u.): 140IU
Vitamin A (r.e.): 17 1/2RE

Fruit: 2 1/2
Non-Fat Milk: 0
Fat: 14 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1036 **Calories from Fat:** 679

% Daily Values*

Total Fat 81g	124%
Saturated Fat 12g	62%
Cholesterol 0mg	0%
Sodium 21mg	1%
Total Carbohydrates 71g	24%
Dietary Fiber 16g	63%
Protein 25g	
Vitamin A	3%
Vitamin C	41%
Calcium	19%
Iron	29%

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