

# Million Dollar Pie

Sara F Patterson, Nancy F Holley & Cleo F Long  
Three Sisters Cookbook - Alexander City, AL

## Yield: 2 pies

1 large tub Cool Whip  
1 can Eagle Brand sweetened condensed milk  
1 can (8 ounce) crushed pineapple, drained  
1 cup pecans, finely chopped  
1 can (3-1/2 ounce) coconut  
1/4 cup lime juice  
2 graham cracker pie crusts, 9 inch

In a bowl, fold all of the ingredients together.

Pour the mixture into the pie crusts.

Refrigerate.

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Per Serving (excluding unknown items): 4654 Calories; 325g Fat (60.4% calories from fat); 43g Protein; 437g Carbohydrate; 53g Dietary Fiber; 0mg Cholesterol; 2813mg Sodium. Exchanges: 1 1/2 Grain(Starch); 3 1/2 Lean Meat; 7 Fruit; 62 Fat; 20 1/2 Other Carbohydrates.

## Per Serving Nutritional Analysis

Calories (kcal):	4654
% Calories from Fat:	60.4%
% Calories from Carbohydrates:	36.0%
% Calories from Protein:	3.5%
Total Fat (g):	325g
Saturated Fat (g):	149g
Monounsaturated Fat (g):	106g
Polyunsaturated Fat (g):	53g
Cholesterol (mg):	0mg
Carbohydrate (g):	437g
Dietary Fiber (g):	53g
Protein (g):	43g
Sodium (mg):	2813mg
Potassium (mg):	2629mg
Calcium (mg):	235mg
Iron (mg):	23mg
Zinc (mg):	13mg
Vitamin C (mg):	57mg
Vitamin A (i.u.):	3992IU
Vitamin A (r.e.):	989 1/2RE

Vitamin B6 (mg):	.8mg
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	1.9mg
Riboflavin B2 (mg):	1.1mg
Folacin (mcg):	198mcg
Niacin (mg):	14mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0 0%

## Food Exchanges

Grain (Starch):	1 1/2
Lean Meat:	3 1/2
Vegetable:	0
Fruit:	7
Non-Fat Milk:	0
Fat:	62
Other Carbohydrates:	20 1/2

## Nutrition Facts

**Amount Per Serving**

**Calories** 4654 Calories from Fat: 2811

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		<b>% Daily Values*</b>
<b>Total Fat</b>	325g	500%
Saturated Fat	149g	743%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	2813mg	117%
<b>Total Carbohydrates</b>	437g	146%
Dietary Fiber	53g	212%
<b>Protein</b>	43g	
<b>Vitamin A</b>		80%
<b>Vitamin C</b>		95%
<b>Calcium</b>		24%
<b>Iron</b>		128%

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