

# Millionaire Pineapple Pie

Camille Barrett - Jensen Beach, FL  
Scripps Treasure Coast Newspapers

1 pie crust, baked and cooled  
2 cups Cool Whip, thawed  
1 cup powdered sugar  
1/4 cup butter, softened  
1/2 teaspoon vanilla  
1/4 teaspoon salt  
8 ounces crushed pineapple, drained  
1/2 cup chopped pecans

In a bowl, mix the powdered sugar with the butter, vanilla and salt.

Fold in the Cool Whip, pineapple and pecans. (You may leave out the nuts or substitute with shredded coconut).

Pour the mixture into the pie crust and refrigerate until firm.

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Per Serving (excluding unknown items): 2214 Calories; 135g Fat (53.5% calories from fat); 17g Protein; 247g Carbohydrate; 10g Dietary Fiber; 124mg Cholesterol; 2172mg Sodium. Exchanges: 6 Grain(Starch); 1/2 Lean Meat; 2 1/2 Fruit; 26 1/2 Fat; 8 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

|                                       |        |                            |       |
|---------------------------------------|--------|----------------------------|-------|
| <b>Calories (kcal):</b>               | 2214   | <b>Vitamin B6 (mg):</b>    | .4mg  |
| <b>% Calories from Fat:</b>           | 53.5%  | <b>Vitamin B12 (mcg):</b>  | .1mcg |
| <b>% Calories from Carbohydrates:</b> | 43.5%  | <b>Thiamin B1 (mg):</b>    | 1.2mg |
| <b>% Calories from Protein:</b>       | 3.0%   | <b>Riboflavin B2 (mg):</b> | .5mg  |
| <b>Total Fat (g):</b>                 | 135g   | <b>Folacin (mcg):</b>      | 55mcg |
| <b>Saturated Fat (g):</b>             | 44g    | <b>Niacin (mg):</b>        | 5mg   |
| <b>Monounsaturated Fat (g):</b>       | 66g    | <b>Caffeine (mg):</b>      | 0mg   |
| <b>Polyunsaturated Fat (g):</b>       | 18g    | <b>Alcohol (kcal):</b>     | 6     |
| <b>Cholesterol (mg):</b>              | 124mg  | <b>% Refuse:</b>           | n n%  |
| <b>Carbohydrate (g):</b>              | 247g   | <b>Food Exchanges</b>      |       |
| <b>Dietary Fiber (g):</b>             | 10g    | <b>Grain (Starch):</b>     | 6     |
| <b>Protein (g):</b>                   | 17g    | <b>Lean Meat:</b>          | 1/2   |
| <b>Sodium (mg):</b>                   | 2172mg | <b>Vegetable:</b>          | 0     |
| <b>Potassium (mg):</b>                | 626mg  | <b>Fruit:</b>              | 2 1/2 |

**Calcium (mg):** 167mg  
**Iron (mg):** 6mg  
**Zinc (mg):** 4mg  
**Vitamin C (mg):** 23mg  
**Vitamin A (i.u.):** 1896IU  
**Vitamin A (r.e.):** 445 1/2RE

**Non-Fat Milk:** 0  
**Fat:** 26 1/2  
**Other Carbohydrates:** 8

## Nutrition Facts

### Amount Per Serving

**Calories** 2214                      **Calories from Fat:** 1185

### % Daily Values\*

|                                 |      |
|---------------------------------|------|
| <b>Total Fat</b> 135g           | 208% |
| Saturated Fat 44g               | 221% |
| <b>Cholesterol</b> 124mg        | 41%  |
| <b>Sodium</b> 2172mg            | 90%  |
| <b>Total Carbohydrates</b> 247g | 82%  |
| Dietary Fiber 10g               | 41%  |
| <b>Protein</b> 17g              |      |
| <b>Vitamin A</b>                | 38%  |
| <b>Vitamin C</b>                | 38%  |
| <b>Calcium</b>                  | 17%  |
| <b>Iron</b>                     | 31%  |

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