

Peanut Buster Parfait Dessert

*Muggsy Christensen, Mona Reid & Joyce Selg
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1 package (16 ounce) oreo cookies,
crushed
1/2 cup butter or margarine, melted
1/2 gallon vanilla ice cream, softened
1 1/2 cups Spanish peanuts
2 cups powdered sugar
2/3 cup chocolate chips
1 1/2 cups evaporated milk
1/2 cup butter or margarine
1 teaspoon vanilla
Cool Whip Lite®

In a bowl, make the crust by combining the cookie crumbs with 1/2 cup of the melted butter. Pat into the bottom of a 9x13-inch pan. Freeze for one hour.

Spread the softened ice cream over the crust. Top with the peanuts. Return to the freezer.

Meanwhile, in a saucepan make the sauce by combining the powdered sugar, chocolate chips, evaporated milk and 1/2 cup of butter. Slowly bring to a boil and simmer for 8 minutes, stirring constantly. Remove from the heat and add the vanilla. Cool completely. Spread over the ice cream and nuts. Freeze completely before serving.

Top with Cool Whip, if desired. Also, the nuts can be held back and sprinkled on top just before the chocolate sauce.

Per Serving (excluding unknown items): 7156 Calories; 481g Fat (58.0% calories from fat); 128g Protein; 656g Carbohydrate; 30g Dietary Fiber; 1072mg Cholesterol; 3185mg Sodium. Exchanges: 2 Grain(Starch); 7 Lean Meat; 3 Non-Fat Milk; 91 1/2 Fat; 39 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

| | | | |
|---------------------------------------|-------|----------------------------|--------|
| Calories (kcal): | 7156 | Vitamin B6 (mg): | 1.5mg |
| % Calories from Fat: | 58.0% | Vitamin B12 (mcg): | 4.9mcg |
| % Calories from Carbohydrates: | 35.1% | Thiamin B1 (mg): | 2.0mg |
| % Calories from Protein: | 6.9% | Riboflavin B2 (mg): | 4.1mg |
| | | | 619mcg |

Total Fat (g): 481g
Saturated Fat (g): 246g
Monounsaturated Fat (g): 159g
Polyunsaturated Fat (g): 51g
Cholesterol (mg): 1072mg
Carbohydrate (g): 656g
Dietary Fiber (g): 30g
Protein (g): 128g
Sodium (mg): 3185mg
Potassium (mg): 5480mg
Calcium (mg): 2674mg
Iron (mg): 15mg
Zinc (mg): 17mg
Vitamin C (mg): 13mg
Vitamin A (i.u.): 12786IU
Vitamin A (r.e.): 3231 1/2RE

Folacin (mcg):
Niacin (mg): 37mg
Caffeine (mg): 92mg
Alcohol (kcal): 13
% Refuse: n n%

Food Exchanges

Grain (Starch): 2
Lean Meat: 7
Vegetable: 0
Fruit: 0
Non-Fat Milk: 3
Fat: 91 1/2
Other Carbohydrates: 39

Nutrition Facts

Amount Per Serving

Calories 7156 **Calories from Fat:** 4152

% Daily Values*

| | | |
|----------------------------|--------|-------|
| Total Fat | 481g | 741% |
| Saturated Fat | 246g | 1231% |
| Cholesterol | 1072mg | 357% |
| Sodium | 3185mg | 133% |
| Total Carbohydrates | 656g | 219% |
| Dietary Fiber | 30g | 118% |
| Protein | 128g | |
| Vitamin A | | 256% |
| Vitamin C | | 22% |
| Calcium | | 267% |
| Iron | | 84% |

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