

Pineapple-Apricot Kuchen

Susan McEwen McIntosh

"Southern Living" Cooking Light - 1983

Servings: 12

1 can (16 ounce) unsweetened apricot halves, drained

1 can (8 ounce) unsweetened pineapple tidbits, drained

2 tablespoons sugar

1 teaspoon grated lemon rind

1/4 teaspoon ground cinnamon

1 egg, beaten

3/4 cup vanilla low-fat yogurt

1 can (10 ounce) refrigerated flaky biscuits

Preheat the oven to 375 degrees.

Cut each apricot half into thirds. Combine the apricots, pineapple, sugar, lemon rind and cinnamon. Set aside.

Combine the egg and yogurt in a small bowl. Blend well and set aside.

Separate each biscuit into two layers. Place the biscuit halves, sides touching, in the bottom of a 13x9x2-inch baking pan. Pat the biscuits evenly onto the bottom and 3/4-inch up the sides of the pan, sealing the biscuit edges together. Bake the biscuit crust for 10 minutes.

Spoon the fruit mixture onto the biscuit crust. Top with the yogurt mixture, spreading evenly over the fruit. Bake an additional 20 minutes.

Cool in the pan for 10 minutes. Cut into squares to serve.

Per Serving (excluding unknown items): 27 Calories; 1g Fat (19.9% calories from fat); 1g Protein; 4g Carbohydrate; trace Dietary Fiber; 18mg Cholesterol; 15mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fruit; 0 Fat; 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	27	Vitamin B6 (mg):	trace
% Calories from Fat:	19.9%	Vitamin B12 (mcg):	.1mcg

% Calories from Carbohydrates: 61.8%
% Calories from Protein: 18.3%
Total Fat (g): 1g
Saturated Fat (g): trace
Monounsaturated Fat (g): trace
Polyunsaturated Fat (g): trace
Cholesterol (mg): 18mg
Carbohydrate (g): 4g
Dietary Fiber (g): trace
Protein (g): 1g
Sodium (mg): 15mg
Potassium (mg): 37mg
Calcium (mg): 27mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): trace
Vitamin A (i.u.): 28IU
Vitamin A (r.e.): 8RE

Thiamin B1 (mg): trace
Riboflavin B2 (mg): trace
Folacin (mcg): 4mcg
Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0.0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 27 **Calories from Fat:** 5

% Daily Values*

Total Fat	1g	1%
Saturated Fat	trace	1%
Cholesterol	18mg	6%
Sodium	15mg	1%
Total Carbohydrates	4g	1%
Dietary Fiber	trace	0%
Protein	1g	
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Vitamin A		1%
Vitamin C		1%
Calcium		3%
Iron		1%

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