

# The Elegant Cinch

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Lacare Art League - Hammond, IN (1986)

## Servings: 9

1 1/2 cups graham cracker crumbs  
1/2 cup butter or margarine, melted  
1/2 teaspoon cinnamon  
1 package (8 ounces) cream cheese,  
softened  
1/2 cup powdered sugar  
1/4 to 1/2 cup rum (to taste)  
1 package Dream Whip, prepared  
1 can cherry pie filling  
red food coloring (optional)

In a bowl, mix the crumbs, butter and cinnamon.  
Press into the bottom of an 8x8 or 9x9-inch pan.

In a large bowl, blend the cream cheese and  
powdered sugar.

Add the rum and blend.

Add the prepared Dream Whip.

Taste and adjust rum, if desired.

Pour the mixture into the crust and smooth.

Spread the pie filling on top.

Chill for three to four hours.

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Per Serving (excluding unknown  
items): 330 Calories; 21g Fat  
(55.2% calories from fat); 3g  
Protein; 35g Carbohydrate; 1g  
Dietary Fiber; 56mg Cholesterol;  
270mg Sodium. Exchanges: 1/2  
Grain(Starch); 1/2 Lean Meat; 4  
Fat; 1 1/2 Other Carbohydrates.

## Desserts

### Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	330	<b>Vitamin B6 (mg):</b>	trace
<b>% Calories from Fat:</b>	55.2%	<b>Vitamin B12 (mcg):</b>	.1mcg
<b>% Calories from Carbohydrates:</b>	40.9%	<b>Thiamin B1 (mg):</b>	trace
<b>% Calories from Protein:</b>	3.9%	<b>Riboflavin B2 (mg):</b>	.1mg
<b>Total Fat (g):</b>	21g	<b>Folacin (mcg):</b>	8mcg
<b>Saturated Fat (g):</b>	12g	<b>Niacin (mg):</b>	1mg
<b>Monounsaturated Fat (g):</b>	6g	<b>Caffeine (mg):</b>	0mg

**Polyunsaturated Fat (g):** 1g  
**Cholesterol (mg):** 56mg  
**Carbohydrate (g):** 35g  
**Dietary Fiber (g):** 1g  
**Protein (g):** 3g  
**Sodium (mg):** 270mg  
**Potassium (mg):** 112mg  
**Calcium (mg):** 35mg  
**Iron (mg):** 1mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** 1mg  
**Vitamin A (i.u.):** 868IU  
**Vitamin A (r.e.):** 217 1/2RE

**Alcohol (kcal):** 0  
**% Refuse:** 0 0%

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### Food Exchanges

**Grain (Starch):** 1/2  
**Lean Meat:** 1/2  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 4  
**Other Carbohydrates:** 1 1/2

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## Nutrition Facts

Servings per Recipe: 9

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### Amount Per Serving

**Calories** 330                      **Calories from Fat:** 182

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#### % Daily Values\*

<b>Total Fat</b> 21g	32%
Saturated Fat 12g	62%
<b>Cholesterol</b> 56mg	19%
<b>Sodium</b> 270mg	11%
<b>Total Carbohydrates</b> 35g	12%
Dietary Fiber 1g	3%
<b>Protein</b> 3g	
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<b>Vitamin A</b>	17%
<b>Vitamin C</b>	2%
<b>Calcium</b>	3%
<b>Iron</b>	6%

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