

Cherry Delight AKA Saltine Cake

Scripps Treasure Coast Newspapers

6 large egg whites, at room temperature
2 teaspoons vanilla
2 cups sugar
1 cup chopped walnuts (or pecans)
2 cups (about 1-1/4 package saltine crackers, broken into medium pieces)
16 ounces Cool Whip
20 ounces cherry pie filling

Preheat the oven to 350 degrees.

Grease a 9x13-inch glass baking dish.

Beat the room temperature egg whites until frothy and beginning to rise. Slowly add the sugar and vanilla. Beat until stiff peaks form, about 5 minutes.

Fold the crackers and walnuts into the egg whites. Spoon the mixture evenly into the bottom and up the sides of the baking dish.

Bake for 20 minutes. It will look like a dish full of baked meringue when it comes out.

Cool, then fill with Cool Whip and top with cherry pie filling.

Let stand overnight in the refrigerator before serving, at least eight hours.

Per Serving (excluding unknown items): 2351 Calories; 2g Fat (0.7% calories from fat); 24g Protein; 575g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 462mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 0 Fat; 37 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	2351	Vitamin B6 (mg):	.2mg
% Calories from Fat:	0.7%	Vitamin B12 (mcg):	.4mcg
% Calories from Carbohydrates:	95.3%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	4.1%	Riboflavin B2 (mg):	1.1mg

Total Fat (g): 2g
Saturated Fat (g): trace
Monounsaturated Fat (g): 1g
Polyunsaturated Fat (g): trace
Cholesterol (mg): 0mg
Carbohydrate (g): 575g
Dietary Fiber (g): 4g
Protein (g): 24g
Sodium (mg): 462mg
Potassium (mg): 898mg
Calcium (mg): 86mg
Iron (mg): 2mg
Zinc (mg): trace
Vitamin C (mg): 9mg
Vitamin A (i.u.): 1162IU
Vitamin A (r.e.): 113 1/2RE

Folacin (mcg): 36mcg
Niacin (mg): 1mg
Caffeine (mg): 0mg
Alcohol (kcal): 25
% Refuse: n n%

Food Exchanges

Grain (Starch): 1/2
Lean Meat: 3
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 37 1/2

Nutrition Facts

Amount Per Serving

Calories 2351 **Calories from Fat:** 16

% Daily Values*

Total Fat	2g	3%
Saturated Fat	trace	2%
Cholesterol	0mg	0%
Sodium	462mg	19%
Total Carbohydrates	575g	192%
Dietary Fiber	4g	14%
Protein	24g	
Vitamin A		23%
Vitamin C		15%
Calcium		9%
Iron		11%

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