

# Corey Delight

Mildred Milo

Lacare Art League - Hammond, IN (1986)

1 cup flour  
1/4 cup brown sugar  
1 stick (1/2 cup) butter  
1 cup pecans or walnuts, chopped  
1 quart whipped topping  
11 ounces cream cheese, softened  
1/2 cup sugar  
1 teaspoon vanilla  
1 can (20 ounce) cherry or blueberry  
pie filling

Preheat oven to 350 degrees.

Spray a 9x12-inch pan with nonstick cooking spray.

In a bowl, mix together the flour, brown sugar, butter and chopped nuts. Pat into the bottom of the prepared pan.

Bake for 15 minutes. Do not burn. Cool.

In a bowl, cream the vanilla, sugar and cream cheese. Fold in the whipped topping.

Pour onto the cooled crust.

Top with the pie filling.

Refrigerate and serve.

---

Per Serving (excluding unknown items): 3847 Calories; 278g Fat (64.1% calories from fat); 41g Protein; 309g Carbohydrate; 4g Dietary Fiber; 590mg Cholesterol; 1952mg Sodium. Exchanges: 6 1/2 Grain(Starch); 3 1/2 Lean Meat; 53 1/2 Fat; 13 1/2 Other Carbohydrates.

## Desserts

### Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	3847	<b>Vitamin B6 (mg):</b>	.2mg
<b>% Calories from Fat:</b>	64.1%	<b>Vitamin B12 (mcg):</b>	1.5mcg
<b>% Calories from Carbohydrates:</b>	31.7%	<b>Thiamin B1 (mg):</b>	1.0mg
<b>% Calories from Protein:</b>	4.2%	<b>Riboflavin B2 (mg):</b>	1.3mg
<b>Total Fat (g):</b>	278g	<b>Folacin (mcg):</b>	77mcg

**Saturated Fat (g):** 191g  
**Monounsaturated Fat (g):** 62g  
**Polyunsaturated Fat (g):** 9g  
**Cholesterol (mg):** 590mg  
**Carbohydrate (g):** 309g  
**Dietary Fiber (g):** 4g  
**Protein (g):** 41g  
**Sodium (mg):** 1952mg  
**Potassium (mg):** 718mg  
**Calcium (mg):** 346mg  
**Iron (mg):** 11mg  
**Zinc (mg):** 3mg  
**Vitamin C (mg):** 0mg  
**Vitamin A (i.u.):** 10501IU  
**Vitamin A (r.e.):** 2457 1/2RE

**Niacin (mg):** 8mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 13  
**% Refused:** n n%

### Food Exchanges

**Grain (Starch):** 6 1/2  
**Lean Meat:** 3 1/2  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 53 1/2  
**Other Carbohydrates:** 13 1/2

## Nutrition Facts

### Amount Per Serving

**Calories** 3847                      **Calories from Fat:** 2465

### % Daily Values\*

<b>Total Fat</b>	278g	427%
Saturated Fat	191g	956%
<b>Cholesterol</b>	590mg	197%
<b>Sodium</b>	1952mg	81%
<b>Total Carbohydrates</b>	309g	103%
Dietary Fiber	4g	14%
<b>Protein</b>	41g	
<b>Vitamin A</b>		210%
<b>Vitamin C</b>		0%
<b>Calcium</b>		35%
<b>Iron</b>		60%

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