

Coconut Cream Dessert

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1 tablespoon sugar
1 cup flour
1/2 cup pecans, chopped
1/2 cup butter, melted
1/2 cup coconut
1 cup powdered sugar
8 ounces cream cheese
1 carton (16 ounces) Cool Whip
Lite®
2 packages (3 ounces ea) coconut
cream pudding mix
3 cups milk

Preheat the oven to 375 degrees.

In a bowl, mix the sugar, flour, pecans and melted butter. Pat into a 9x13-inch pan. Bake for 15 minutes. Cool crust.

Toast the coconut in the oven.

In a bowl, mix the cream cheese with the powdered sugar. Fold in one cup of the Cool Whip. Spread over the crust.

Cook the pudding mix as directed on the package, using only three cups of milk. When the pudding is cooled, put on top of the whipped cream layer. Add the remaining Cool Whip. Sprinkle with the toasted coconut.

Place in the refrigerator.

Instant pudding mix may be used in place of cooked pudding. Lemon pudding can be substituted for coconut cream.

Per Serving (excluding unknown items): 4226 Calories; 257g Fat (53.6% calories from fat); 62g Protein; 439g Carbohydrate; 14g Dietary Fiber; 597mg Cholesterol; 3811mg Sodium. Exchanges: 7 Grain(Starch); 3 Lean Meat; 1/2 Fruit; 3 Non-Fat Milk; 49 Fat; 19 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	4226
% Calories from Fat:	53.6%
% Calories from Carbohydrates:	40.7%
% Calories from Protein:	5.8%
Total Fat (g):	257g

Vitamin B6 (mg):	.6mg
Vitamin B12 (mcg):	3.7mcg
Thiamin B1 (mg):	1.8mg
Riboflavin B2 (mg):	2.3mg
Folacin (mcg):	136mcg

Saturated Fat (g): 146g
Monounsaturated Fat (g): 80g
Polyunsaturated Fat (g): 17g
Cholesterol (mg): 597mg
Carbohydrate (g): 439g
Dietary Fiber (g): 14g
Protein (g): 62g
Sodium (mg): 3811mg
Potassium (mg): 1988mg
Calcium (mg): 1133mg
Iron (mg): 12mg
Zinc (mg): 9mg
Vitamin C (mg): 9mg
Vitamin A (i.u.): 7713IU
Vitamin A (r.e.): 2124RE

Niacin (mg): 9mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0 0%

Food Exchanges

Grain (Starch): 7
Lean Meat: 3
Vegetable: 0
Fruit: 1/2
Non-Fat Milk: 3
Fat: 49
Other Carbohydrates: 19 1/2

Nutrition Facts

Amount Per Serving

Calories 4226 Calories from Fat: 2264

% Daily Values*

Total Fat	257g	395%
Saturated Fat	146g	729%
Cholesterol	597mg	199%
Sodium	3811mg	159%
Total Carbohydrates	439g	146%
Dietary Fiber	14g	56%
Protein	62g	
Vitamin A		154%
Vitamin C		16%
Calcium		113%
Iron		67%

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