

Peppermint Ice Cream Pie II

Sara F Patterson, Nancy F Holley & Cleo F Long
Three Sisters Cookbook - Alexander City, AL

Servings: 8

1 box Nabisco Famous chocolate
wafers
5 to 6 tablespoons butter, melted
1 tablespoon sugar
vanilla ice cream
6 ounces peppermint candies,
approximately
red food coloring

Preheat the oven to 375 to 400 degrees.

Chop all but about six chocolate wafers in a food processor. Add the melted butter and sugar. Process to fine crumbs. Pour the mixture into a nine-inch deep-dish pie plate and form into a crust. Bake for 8 to 10 minutes, until fragrant and cooked. Allow to cool.

In a large bowl, soften about two-thirds of a half-gallon of ice cream. Crush the peppermints. Add the peppermints to the ice cream with a few drops of red food coloring (make as pale or dark as you desire). When blended, pour into the pie crust. Place the remaining chocolate wafers on top of the pie.

Cover with plastic wrap. Freeze for at least six hours or up to two to three days.

Per Serving (excluding unknown items): 514 Calories; 57g Fat (98.3% calories from fat); 1g Protein; 2g Carbohydrate; 0g Dietary Fiber; 155mg Cholesterol; 585mg Sodium. Exchanges: 11 1/2 Fat; 0 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	514	Vitamin B6 (mg):	0mg
% Calories from Fat:	98.3%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	1.2%	Thiamin B1 (mg):	0mg
% Calories from Protein:	0.5%	Riboflavin B2 (mg):	trace
Total Fat (g):	57g	Folacin (mcg):	2mcg
			trace

Saturated Fat (g): 36g
Monounsaturated Fat (g): 17g
Polyunsaturated Fat (g): 2g
Cholesterol (mg): 155mg
Carbohydrate (g): 2g
Dietary Fiber (g): 0g
Protein (g): 1g
Sodium (mg): 585mg
Potassium (mg): 18mg
Calcium (mg): 17mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 0mg
Vitamin A (i.u.): 2167IU
Vitamin A (r.e.): 536 1/2RE

Niacin (mg):
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: 11 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 514 **Calories from Fat:** 506

% Daily Values*

Total Fat	57g	88%
Saturated Fat	36g	179%
Cholesterol	155mg	52%
Sodium	585mg	24%
Total Carbohydrates	2g	1%
Dietary Fiber	0g	0%
Protein	1g	
Vitamin A		43%
Vitamin C		0%
Calcium		2%
Iron		1%

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