

# Orange Peach Pie

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

*1 cup mandarin oranges  
1 small can crushed pineapple,  
drained  
1 cup sliced peaches, drained and  
chopped  
1/2 cup lemon juice  
1 cup Eagle Brand sweetened  
condensed milk  
1 tub (9 ounce) Cool Whip Lite®  
1 nine-inch graham cracker crust*

In a bowl, mix all of the ingredients.

Place the mixture in the graham cracker crust.

Refrigerate.

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Per Serving (excluding unknown items): 349 Calories; 1g Fat (2.8% calories from fat); 4g Protein; 91g Carbohydrate; 10g Dietary Fiber; 0mg Cholesterol; 9mg Sodium. Exchanges: 6 Fruit; 0 Fat; 0 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

Calories (kcal):	349
% Calories from Fat:	2.8%
% Calories from Carbohydrates:	93.3%
% Calories from Protein:	4.0%
Total Fat (g):	1g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	91g
Dietary Fiber (g):	10g
Protein (g):	4g
Sodium (mg):	9mg
Potassium (mg):	1101mg

Vitamin B6 (mg):	.4mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.5mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	73mcg
Niacin (mg):	3mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	on on%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	6

**Calcium (mg):** 80mg  
**Iron (mg):** 1mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 151mg  
**Vitamin A (i.u.):** 2841IU  
**Vitamin A (r.e.):** 288 1/2RE

**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 349                      Calories from Fat: 10

### % Daily Values\*

**Total Fat** 1g 2%  
     Saturated Fat trace 0%  
**Cholesterol** 0mg 0%  
**Sodium** 9mg 0%  
**Total Carbohydrates** 91g 30%  
     Dietary Fiber 10g 40%  
**Protein** 4g

**Vitamin A** 57%  
**Vitamin C** 252%  
**Calcium** 8%  
**Iron** 6%

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