

# Raspberry Supreme Pie

Rose De Groot - Owner, Fairway Cafe, Lynden WA  
www.DashRecipes.com

## Servings: 8

4 cups fresh or frozen raspberries  
1/2 cup water  
2 heaping tablespoons tapioca  
2 heaping tablespoons cornstarch  
8 ounces cream cheese, softened  
1 cup powdered sugar  
1 1/2 cups Cool Whip  
1 nine-inch, pie crust  
finely chopped walnuts (for garnish)  
Cool Whip (for garnish)

In a pan on the stove, thicken the raspberries, water, tapioca and cornstarch, stirring often. Cool.

In a bowl, beat the cream cheese and powdered sugar with an electric mixer until fluffy. Fold in approximately 1-1/2 cups of Cool Whip.

Pour the mixture into the pie crust.

Layer the raspberry mixture over the cream cheese mixture.

Garnish with Cool Whip and walnuts.

Start to Finish Time: 20 minutes

---

Per Serving (excluding unknown items): 415 Calories; 10g Fat (21.6% calories from fat); 2g Protein; 79g Carbohydrate; 1g Dietary Fiber; 31mg Cholesterol; 87mg Sodium. Exchanges: 4 Grain(Starch); 1/2 Lean Meat; 2 Fat; 1 Other Carbohydrates.

## Desserts

### Per Serving Nutritional Analysis

Calories (kcal):	415	Vitamin B6 (mg):	trace
% Calories from Fat:	21.6%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	76.1%	Thiamin B1 (mg):	trace
% Calories from Protein:	2.2%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	10g	Folacin (mcg):	5mcg
Saturated Fat (g):	6g	Niacin (mg):	trace
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	31mg	% Refuse:	0.0%

Carbohydrate (g):	79g
Dietary Fiber (g):	1g
Protein (g):	2g
Sodium (mg):	87mg
Potassium (mg):	39mg
Calcium (mg):	31mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	0mg
Vitamin A (i.u.):	405IU
Vitamin A (r.e.):	122RE

## Food Exchanges

Grain (Starch):	4
Lean Meat:	1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	2
Other Carbohydrates:	1

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

<b>Calories</b>	415	Calories from Fat: 90
-----------------	-----	-----------------------

### % Daily Values\*

<b>Total Fat</b>	10g	15%
Saturated Fat	6g	31%
<b>Cholesterol</b>	31mg	10%
<b>Sodium</b>	87mg	4%
<b>Total Carbohydrates</b>	79g	26%
Dietary Fiber	1g	3%
<b>Protein</b>	2g	
<b>Vitamin A</b>		8%
<b>Vitamin C</b>		0%
<b>Calcium</b>		3%
<b>Iron</b>		6%

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