

Country Pie

What's Cooking II

North American Institute of Modern Cuisine

Servings: 6

2 9-inch pie crusts

1/3 cup raspberry jam

1/2 cup rolled oats

1 1/2 cups brown sugar

pinch salt

1/2 cup semisweet chocolate chips

2/3 cup milk

2 tablespoons butter, melted

Preheat the oven to 350 degrees.

Line a pie pan with the crust.

Spread the jam over the crust. Set aside.

In a bowl, mix the rolled oats, brown sugar, salt and chocolate chips. Fold in the milk and melted butter. Pour into the crust.

With a brush, moisten the edges of the dough. Cover with the second crust. Pinch the edges to seal.

Bake in the oven for 25 minutes.

Serve warm or chilled.

Garnish with ice cream or yogurt, if desired.

Per Serving (excluding unknown items): 322 Calories; 9g Fat (24.8% calories from fat); 3g Protein; 61g Carbohydrate; 2g Dietary Fiber; 14mg Cholesterol; 75mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Non-Fat Milk; 2 Fat; 3 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	322	Vitamin B6 (mg):	trace
% Calories from Fat:	24.8%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	72.0%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	3.2%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	9g	Folacin (mcg):	10mcg

Saturated Fat (g): 6g
Monounsaturated Fat (g): 3g
Polyunsaturated Fat (g): trace
Cholesterol (mg): 14mg
Carbohydrate (g): 61g
Dietary Fiber (g): 2g
Protein (g): 3g
Sodium (mg): 75mg
Potassium (mg): 256mg
Calcium (mg): 76mg
Iron (mg): 2mg
Zinc (mg): 1mg
Vitamin C (mg): 2mg
Vitamin A (i.u.): 217IU
Vitamin A (r.e.): 50RE

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

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 322 Calories from Fat: 80

% Daily Values*

Total Fat 9g			14%
Saturated Fat 6g			28%
Cholesterol 14mg			5%
Sodium 75mg			3%
Total Carbohydrates 61g			20%
Dietary Fiber 2g			7%
Protein 3g			
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Vitamin A			4%
Vitamin C			3%
Calcium			8%
Iron			8%

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