

Ribbon Alaska Pie

Mrs. John S. Campbell Jr

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

Servings: 8

FUDGE SAUCE

2 tablespoons margarine
2 squares (1 ounce ea) unsweetened
chocolate
1 cup sugar
1 can (6 ounce) evaporated milk
1 teaspoon vanilla
2 pints vanilla ice cream
1 nine-inch baked pie shell

MERINGUE

3 egg whites
1/4 teaspoon salt
6 tablespoons sugar
1/4 cup peppermint candy, crushed

In a saucepan, mix the margarine, chocolate, sugar and milk. Cook and stir over low heat until thick. Remove from the heat. Add the vanilla. Cool.

Spread one pint of the ice cream in the pastry shell. Cover with half of the fudge sauce. Repeat the layers. Freeze until firm.

Preheat the oven to 475 degrees.

Make the meringue: In a bowl, beat the egg whites until stiff peaks form. Gradually add the sugar, beating until stiff peaks form and all of the sugar is dissolved.

Reserve two teaspoons of the candy. Fold the rest of the candy into the meringue. Spread the meringue over the pie, sealing the edges. Top the meringue with the reserved candy.

Bake for about 4 minutes or until lightly browned.

Serve at once or freeze.

Per Serving (excluding unknown items): 353 Calories; 14g Fat (33.0% calories from fat); 7g Protein; 55g Carbohydrate; 1g Dietary Fiber; 38mg Cholesterol; 175mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Non-Fat Milk; 2 1/2 Fat; 3 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

% Calories from Fat:	33.0%
% Calories from Carbohydrates:	59.9%
% Calories from Protein:	7.0%
Total Fat (g):	14g
Saturated Fat (g):	8g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	38mg
Carbohydrate (g):	55g
Dietary Fiber (g):	1g
Protein (g):	7g
Sodium (mg):	175mg
Potassium (mg):	304mg
Calcium (mg):	173mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	1mg
Vitamin A (i.u.):	402IU
Vitamin A (r.e.):	101RE

Vitamin B12 (mcg):	.3mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	7mcg
Niacin (mg):	trace
Caffeine (mg):	14mg
Alcohol (kcal):	2
% Refuse:	0.0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 353 **Calories from Fat:** 117

% Daily Values*

Total Fat 14g	21%
Saturated Fat 8g	41%
Cholesterol 38mg	13%
Sodium 175mg	7%
Total Carbohydrates 55g	18%
Dietary Fiber 1g	4%
Protein 7g	
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Vitamin A	8%
Vitamin C	2%
Calcium	17%
Iron	3%

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