

Simple Lemon Cream Pie with Blueberries

Paula Macri - Gattuso's Bella Cucina
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1 cup heavy cream
1 package (4 serving size) instant
lemon pudding
3/4 cup milk
1 graham cracker pie crust, 9 inch
TOPPING
2 cups blueberries
juice from 1/2 large lemon
3 tablespoons sugar
1/4 cup water
4 teaspoons cornstarch

In a large mixing bowl, beat the heavy cream until fluffy.

In a separate bowl, place the pudding mix and milk. Mix well with a whisk. Fold the whipped cream into the pudding mixture. Pour the mixture into the prepared pie shell. Smooth the top of the pie and cover with plastic wrap.

Place in the refrigerator for three hours or longer.

For the topping: In a saucepan, place the blueberries, sugar and lemon. Heat until the mixture begins to give off juice.

In a small bowl, Mix the water and cornstarch. When the blueberries begin to come to a gentle boil, add the cornstarch mixture. Continue to cook, stirring constantly, until the mixture is thick. (It gets thicker as it cools.)

Spoon the cooled berry mixture over the top of the pie.

Serve.

Per Serving (excluding unknown items): 2462 Calories; 155g Fat (55.3% calories from fat); 23g Protein; 259g Carbohydrate; 11g Dietary Fiber; 351mg Cholesterol; 1564mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 2 1/2 Fruit; 1 1/2 Non-Fat Milk; 29 1/2 Fat; 13 Other Carbohydrates.

Desserts

Calories (kcal): 2462
% Calories from Fat: 55.3%
% Calories from Carbohydrates: 41.1%
% Calories from Protein: 3.6%
Total Fat (g): 155g
Saturated Fat (g): 72g
Monounsaturated Fat (g): 55g
Polyunsaturated Fat (g): 21g
Cholesterol (mg): 351mg
Carbohydrate (g): 259g
Dietary Fiber (g): 11g
Protein (g): 23g
Sodium (mg): 1564mg
Potassium (mg): 926mg
Calcium (mg): 442mg
Iron (mg): 6mg
Zinc (mg): 3mg
Vitamin C (mg): 41mg
Vitamin A (i.u.): 5895IU
Vitamin A (r.e.): 1583 1/2RE

Vitamin B6 (mg): .3mg
Vitamin B12 (mcg): 1.1mcg
Thiamin B1 (mg): .5mg
Riboflavin B2 (mg): 1.1mg
Folacin (mcg): 53mcg
Niacin (mg): 6mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0.0%

Food Exchanges

Grain (Starch): 1/2
Lean Meat: 1 1/2
Vegetable: 0
Fruit: 2 1/2
Non-Fat Milk: 1 1/2
Fat: 29 1/2
Other Carbohydrates: 13

Nutrition Facts

Amount Per Serving

Calories 2462 **Calories from Fat:** 1360

% Daily Values*

Total Fat	155g	238%
Saturated Fat	72g	362%
Cholesterol	351mg	117%
Sodium	1564mg	65%
Total Carbohydrates	259g	86%
Dietary Fiber	11g	46%
Protein	23g	
Vitamin A		118%
Vitamin C		68%
Calcium		44%
Iron		33%

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