

Mocha Mud Pie

Rosemary Balchak

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

Servings: 8

1/2 package (9 ounce) chocolate wafers
4 tablespoons butter, melted
1 quart mocha ice cream, softened
1 1/2 cups fudge sauce
whipped cream (for garnish)
slivered almonds (for garnish)

Crush the wafers and stir in the butter. Mix well. Press into the bottom and sides of a nine-inch pie plate.

Cover the crust with ice cream. Freeze until firm.

When the pie is firm, top with cold fudge sauce.

Leave the pie in the freezer about ten hours before serving.

To serve, cut into wedges and serve on chilled plates with chilled forks.

Top with whipped cream and slivered almonds.

Per Serving (excluding unknown items): 51 Calories; 6g Fat (99.5% calories from fat); trace Protein; trace Carbohydrate; 0g Dietary Fiber; 16mg Cholesterol; 59mg Sodium. Exchanges: 1 Fat.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	51	Vitamin B6 (mg):	0mg
% Calories from Fat:	99.5%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	0.0%	Thiamin B1 (mg):	0mg
% Calories from Protein:	0.5%	Riboflavin B2 (mg):	trace
Total Fat (g):	6g	Folacin (mcg):	trace
Saturated Fat (g):	4g	Niacin (mg):	trace
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0

Cholesterol (mg):	16mg
Carbohydrate (g):	trace
Dietary Fiber (g):	0g
Protein (g):	trace
Sodium (mg):	59mg
Potassium (mg):	2mg
Calcium (mg):	2mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	0mg
Vitamin A (i.u.):	217IU
Vitamin A (r.e.):	53 1/2RE

% Refuse: 0.0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 51 Calories from Fat: 51

% Daily Values*

Total Fat 6g	9%
Saturated Fat 4g	18%
Cholesterol 16mg	5%
Sodium 59mg	2%
Total Carbohydrates trace	0%
Dietary Fiber 0g	0%
Protein trace	

Vitamin A	4%
Vitamin C	0%
Calcium	0%
Iron	0%

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