

Praline Ice Cream Pie

Sara F Patterson, Nancy F Holley & Cleo F Long
Three Sisters Cookbook - Alexander City, AL

Servings: 8

1 cup toasted pecans
1/2 cup maple syrup (Karo green
label - maple flavor)
1 quart vanilla ice cream, slightly
softened
1 nine-inch graham cracker pie crust

In a bowl, mix the pecans and syrup.

Spoon the softened ice cream and pecan
mixture into the pie crust.

Swirl to mix the pecan mixture throughout the ice
cream.

Freeze.

Per Serving (excluding unknown
items): 133 Calories; 7g Fat (47.7%
calories from fat); 2g Protein; 16g
Carbohydrate; 0g Dietary Fiber;
29mg Cholesterol; 53mg Sodium.
Exchanges: 1 1/2 Fat; 1 Other
Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	133
% Calories from Fat:	47.7%
% Calories from Carbohydrates:	45.5%
% Calories from Protein:	6.8%
Total Fat (g):	7g
Saturated Fat (g):	4g
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	29mg
Carbohydrate (g):	16g
Dietary Fiber (g):	0g
Protein (g):	2g
Sodium (mg):	53mg
Potassium (mg):	131mg

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.3mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	3mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0 0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0

Calcium (mg): 84mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): trace
Vitamin A (i.u.): 270IU
Vitamin A (r.e.): 77RE

Non-Fat Milk: 0
Fat: 1 1/2
Other Carbohydrates: 1

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 133 Calories from Fat: 63

% Daily Values*

Total Fat	7g	11%
Saturated Fat	4g	22%
Cholesterol	29mg	10%
Sodium	53mg	2%
Total Carbohydrates	16g	5%
Dietary Fiber	0g	0%
Protein	2g	

Vitamin A	5%
Vitamin C	1%
Calcium	8%
Iron	0%

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