Soda Fountain Ice Cream Pie II

Ladies Home Journal - Delicious Desserts

Servings: 10

1 1/2 cups (twelve cups) crushed rolled sugar ice cream cones
1/2 cup butter, melted
1/4 cup sugar
3 cups fresh strawberries
1 quart vanilla ice cream
1/4 cup malted milk powder
1/2 cup fresh strawberries, finely chopped

Preparation Time: 20 minutes Freeze Time: 9 hours

In a bowl, combine the crushed cones, butter and sugar. Press onto the bottom of an eight- or nine-inch springform pan. Cover and freeze for 30 minutes or until firm.

In a blender, puree' the three cups of fresh strawberries.

In a large chilled bowl, stir the ice cream until softened. Stir in one-half cup of the puree'd strawberries and the malted milk powder. Spread half of the mixture on the crust. Cover and freeze for 30 minutes. (Freeze the remaining ice cream mixture.)

Spoon the remaining puree'd berries on the ice cream layer. Cover and freeze for 30 minutes more. Stir the remaining ice cream mixture to soften. Spread evenly over the berry layer. Top with the 1/2 cup of chopped berries. Cover and freeze until firm.

Let the pie stand at room temperature for 15 minutes. Cut into wedges. If desired, serve with sweetened whipped cream and hot fudge ice cream topping.

Per Serving (excluding unknown items): 252 Calories; 16g Fat (54.5% calories from fat); 3g Protein; 27g Carbohydrate; 1g Dietary Fiber; 50mg Cholesterol; 172mg Sodium. Exchanges: 1/2 Fruit; 3 Fat; 1 1/2 Other Carbohydrates.

Desserts

Dar Camina Mutritional Analysis

Calories (kcal):	252	Vitamin B6 (mg):	.1mg
% Calories from Fat:	54.5%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	40.8%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	4.7%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	16g	Folacin (mcg):	15mcg
Saturated Fat (g):	10g	Niacin (mg):	1mg
Monounsaturated Fat (g):	4g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0 ^^
Cholesterol (mg):	50mg		
Carbohydrate (g):	27g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	3g	Lean Meat:	0
Sodium (mg):	172mg	Vegetable:	0
Potassium (mg):	249mg	Fruit:	1/2
Calcium (mg):	99mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	3
Zinc (mg):	trace	Other Carbohydrates:	1 1/2
Vitamin C (mg):	30mg	·	
Vitamin A (i.u.):	598IU		
Vitamin A (r.e.):	155 1/2RE		

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving			
Calories 252	Calories from Fat: 137		
	% Daily Values*		
Total Fat 16g	24%		
Saturated Fat 10g	48%		
Cholesterol 50mg	17%		
Sodium 172mg	7%		
Total Carbohydrates 27g	9%		
Dietary Fiber 1g	5%		
Protein 3g			
Vitamin A	12%		
Vitamin C	50%		
Calcium	10%		
Iron	2%		

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