

Nesselrode Chiffon Pie

Mrs. Neel Garland

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

Servings: 8

1 envelope unflavored gelatin
2/3 cup sugar, divided
1/8 teaspoon salt
3 eggs, separated
1 cup heavy cream
1 1/4 cups milk
2 teaspoons rum flavoring OR 3
tablespoons rum or sherry
1 tablespoon chopped cherries
1 nine-inch baked pie shell
shaved chocolate

In the top of a double-boiler, mix the gelatin, half of the sugar and the salt.

In a bowl, beat the egg yolks, cream and milk together. Add to the gelatin. Cook over boiling water, stirring constantly, until the gelatin is dissolved, about 4 minutes. Remove from the heat. Stir in the rum flavoring.

Chill in a bowl of ice and water, stirring occasionally, until the mixture mounds when dropped from a spoon.

In a bowl, beat the egg whites until stiff. Beat in the remaining sugar. Fold the gelatin mixture and the cherries into the egg whites. Pour into the pie shell. Top with shaved chocolate.

Chill in the refrigerator until firm.

Per Serving (excluding unknown items): 258 Calories; 14g Fat (48.4% calories from fat); 5g Protein; 29g Carbohydrate; 0g Dietary Fiber; 125mg Cholesterol; 115mg Sodium. Exchanges: 1/2 Lean Meat; 0 Non-Fat Milk; 2 1/2 Fat; 1 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	258	Vitamin B6 (mg):	trace
% Calories from Fat:	48.4%	Vitamin B12 (mcg):	.4mcg
% Calories from Carbohydrates:	43.9%	Thiamin B1 (mg):	trace
% Calories from Protein:	7.7%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	14g	Folacin (mcg):	12mcg

Saturated Fat (g): 8g
Monounsaturated Fat (g): 4g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 125mg
Carbohydrate (g): 29g
Dietary Fiber (g): 0g
Protein (g): 5g
Sodium (mg): 115mg
Potassium (mg): 106mg
Calcium (mg): 75mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 1mg
Vitamin A (i.u.): 577IU
Vitamin A (r.e.): 166RE

Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0 0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 258 **Calories from Fat:** 125

% Daily Values*

Total Fat	14g	22%
Saturated Fat	8g	41%
Cholesterol	125mg	42%
Sodium	115mg	5%
Total Carbohydrates	29g	10%
Dietary Fiber	0g	0%
Protein	5g	
Vitamin A		12%
Vitamin C		1%
Calcium		8%
Iron		2%

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