

Peaches-N-Cream Dessert

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

*1 package (8 ounce) cream cheese
1 can (14 ounce) eagle Brand
sweetened condensed milk
1 carton (8 ounce) Cool Whip
4 cups peaches, peeled and sliced
1 cup sugar
1 package peach jello
4 tablespoons cornstarch
1 package pecan sandies cookies*

In a bowl, cover the peaches with one cup of sugar. Set aside.

In a saucepan, boil one cup of water and the cornstarch until thick. Add the jello mix and juice from the sliced peaches. Set aside to cool. Then add the peaches.

In a bowl, mix the cream cheese and condensed milk until creamy. Fold in the Cool Whip.

Crush the cookies into crumbs. Save 1/2 cup of the cookie crumbs for topping. Pat the remaining cookie crumbs into a deep-dish pie plate that has been greased with butter.

Layer one-half of the cream cheese mixture over the crumbs. Then layer the jello mixture. Repeat with another layer of cream cheese mixture. Place the reserved cookie crumbs as topping, if desired.

Chill.

Per Serving (excluding unknown items): 1996 Calories; 81g Fat (35.5% calories from fat); 22g Protein; 310g Carbohydrate; 14g Dietary Fiber; 255mg Cholesterol; 690mg Sodium. Exchanges: 2 Grain(Starch); 2 1/2 Lean Meat; 4 1/2 Fruit; 15 Fat; 13 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):

1996

Vitamin B6 (mg):

.2mg

% Calories from Fat:	35.5%
% Calories from Carbohydrates:	60.1%
% Calories from Protein:	4.3%
Total Fat (g):	81g
Saturated Fat (g):	51g
Monounsaturated Fat (g):	23g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	255mg
Carbohydrate (g):	310g
Dietary Fiber (g):	14g
Protein (g):	22g
Sodium (mg):	690mg
Potassium (mg):	1613mg
Calcium (mg):	222mg
Iron (mg):	4mg
Zinc (mg):	2mg
Vitamin C (mg):	45mg
Vitamin A (i.u.):	6927IU
Vitamin A (r.e.):	1362 1/2RE

Vitamin B12 (mcg):	1.0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.8mg
Folacin (mcg):	54mcg
Niacin (mg):	7mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0 0%

Food Exchanges

Grain (Starch):	2
Lean Meat:	2 1/2
Vegetable:	0
Fruit:	4 1/2
Non-Fat Milk:	0
Fat:	15
Other Carbohydrates:	13 1/2

Nutrition Facts

Amount Per Serving

Calories	1996	Calories from Fat: 709
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% Daily Values*

Total Fat	81g	125%
Saturated Fat	51g	255%
Cholesterol	255mg	85%
Sodium	690mg	29%
Total Carbohydrates	310g	103%
Dietary Fiber	14g	55%
Protein	22g	
Vitamin A		139%
Vitamin C		74%
Calcium		22%
Iron		21%

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