

Rum Pie

Mrs. Vernon L. Shallcross and Mrs. Charles E. Colvin Jr
River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

Servings: 16

1 envelope unflavored gelatin
1/3 cup sugar
1/8 teaspoon salt
4 egg yolks
1 2/3 cups milk
5 tablespoons rum
4 egg whites
1/3 cup sugar
1 cup whipping cream
2 nine-inch baked pie shells

In the top of a double-boiler, mix the gelatin, sugar, salt, egg yolks and milk. Cook over hot water stirring until the custard coats the spoon. Remove from the fire and stir in the rum.

Refrigerate until the mixture cools and begins to thicken.

In a bowl, beat the egg whites, slowly adding the sugar. Fold into the rum custard. Whip the cream and also fold into the mixture. Pour the filling equally into the two nine-inch baked pie crusts.

Baking chocolate may be shaved over the pies before serving. Nutmeg may also be sprinkled over the finished pies.

Refrigerate until served.

Per Serving (excluding unknown items): 148 Calories; 8g Fat (48.9% calories from fat); 3g Protein; 15g Carbohydrate; 0g Dietary Fiber; 77mg Cholesterol; 63mg Sodium. Exchanges: 0 Lean Meat; 0 Non-Fat Milk; 1 1/2 Fat; 1 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	148	Vitamin B6 (mg):	trace
% Calories from Fat:	48.9%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	42.2%	Thiamin B1 (mg):	trace
% Calories from Protein:	8.9%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	8g	Folacin (mcg):	8mcg

Saturated Fat (g): 4g
Monounsaturated Fat (g): 2g
Polyunsaturated Fat (g): trace
Cholesterol (mg): 77mg
Carbohydrate (g): 15g
Dietary Fiber (g): 0g
Protein (g): 3g
Sodium (mg): 63mg
Potassium (mg): 66mg
Calcium (mg): 46mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): trace
Vitamin A (i.u.): 331IU
Vitamin A (r.e.): 96 1/2RE

Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 10
% Refuse: n n%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 16

Amount Per Serving

Calories 148 **Calories from Fat:** 72

% Daily Values*

Total Fat 8g			12%
Saturated Fat 4g			22%
Cholesterol 77mg			26%
Sodium 63mg			3%
Total Carbohydrates 15g			5%
Dietary Fiber 0g			0%
Protein 3g			
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Vitamin A			7%
Vitamin C			1%
Calcium			5%
Iron			1%

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