

# Strawberry Cream Pie

*Mrs. James R. Ourso*

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

*1 cup sugar  
6 tablespoons flour  
dash salt  
2 1/2 cups milk  
2 egg yolks, slightly beaten  
2 tablespoons butter  
1 teaspoon vanilla  
2 pints fresh strawberries, sliced  
1 cup whipping cream  
2 tablespoons sugar  
1 teaspoon vanilla  
1 nine- or ten-inch baked pie shell*

In a bowl, sift the sugar, flour and salt together. Scald the milk in the top of a double-boiler and then place over boiling water. Gradually add the flour mixture, mixing with an egg beater or portable mixer. Cook for 10 minutes stirring occasionally.

In a bowl, add two teaspoons of the hot mixture to the beaten egg yolks. Add all back to the custard mixture. Stir well. Cook for 3 minutes. (The mixture will be thick.)

Remove the mixture from the heat. Add the butter and vanilla. Stir until melted. Let cool slightly.

Place a layer of sliced berries on the bottom of the crust. Pour the custard over them. Refrigerate until cool.

Add another layer of berries and top with sweetened whipped cream flavored with vanilla.

Refrigerate until serving.

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Per Serving (excluding unknown items): 2761 Calories; 144g Fat (46.1% calories from fat); 39g Protein; 340g Carbohydrate; 15g Dietary Fiber; 897mg Cholesterol; 646mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1/2 Lean Meat; 3 Fruit; 3 Non-Fat Milk; 27 1/2 Fat; 15 Other Carbohydrates.

Desserts

**Per Serving Nutritional Analysis**

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% Calories from Fat:	46.1%
% Calories from Carbohydrates:	48.4%
% Calories from Protein:	5.5%
Total Fat (g):	144g
Saturated Fat (g):	85g
Monounsaturated Fat (g):	42g
Polyunsaturated Fat (g):	7g
Cholesterol (mg):	897mg
Carbohydrate (g):	340g
Dietary Fiber (g):	15g
Protein (g):	39g
Sodium (mg):	646mg
Potassium (mg):	2178mg
Calcium (mg):	1026mg
Iron (mg):	6mg
Zinc (mg):	5mg
Vitamin C (mg):	342mg
Vitamin A (i.u.):	5939IU
Vitamin A (r.e.):	1660RE

Vitamin B12 (mcg):	3.7mcg
Thiamin B1 (mg):	.7mg
Riboflavin B2 (mg):	1.7mg
Folacin (mcg):	205mcg
Niacin (mg):	4mg
Caffeine (mg):	0mg
Alcohol (kcal):	25
% Refuse:	0.0%

## Food Exchanges

Grain (Starch):	2 1/2
Lean Meat:	1/2
Vegetable:	0
Fruit:	3
Non-Fat Milk:	3
Fat:	27 1/2
Other Carbohydrates:	15

## Nutrition Facts

### Amount Per Serving

<b>Calories</b>	2761	Calories from Fat: 1273
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### % Daily Values\*

<b>Total Fat</b>	144g	222%
Saturated Fat	85g	425%
<b>Cholesterol</b>	897mg	299%
<b>Sodium</b>	646mg	27%
<b>Total Carbohydrates</b>	340g	113%
Dietary Fiber	15g	59%
<b>Protein</b>	39g	

<b>Vitamin A</b>	119%
<b>Vitamin C</b>	570%
<b>Calcium</b>	103%
<b>Iron</b>	33%

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