

Vanilla Wafer Strawberry Pie

Jean Croyle

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

*1 1/3 cups crushed vanilla wafers
1/4 cup melted butter or margarine
2 tablespoons sugar
1 envelope unflavored gelatin
1/4 cup water
1 pint strawberries, washed, hulled
and puree'd
2 egg whites
1/4 cup sugar
1/2 cup heavy cream, whipped
14 whole vanilla wafers*

Preheat the oven to 350 degrees.

Mix the vanilla wafer crumbs with the butter and sugar until thoroughly blended. Press firmly over the bottom and up the side of a nine-inch pie plate to form a crust. Bake for 8 minutes.

Remove from the oven. Let cool completely on a wire rack.

In a small saucepan, sprinkle the gelatin over the water. Let stand 5 minutes to soften. Heat over low heat, stirring constantly, until the gelatin dissolves. Stir into the puree'd berries. Chill until the mixture is almost set.

In a small bowl of an electric mixer at high speed, beat the egg whites until soft peaks form. Gradually add the sugar, beating constantly, until the whites are stiff and glossy. Fold the whites and whipped cream into the puree'd strawberry mixture. Pour the filling into the cooled crust.

Insert the whole vanilla wafers around the edge of the filling to garnish.

Chill for four hours or until set.

Per Serving (excluding unknown items): 1146 Calories; 45g Fat (34.3% calories from fat); 18g Protein; 177g Carbohydrate; 7g Dietary Fiber; 163mg Cholesterol; 376mg Sodium. Exchanges: 1 Lean Meat; 1 1/2 Fruit; 1/2 Non-Fat Milk; 9 Fat; 10 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	1146
% Calories from Fat:	34.3%
% Calories from Carbohydrates:	59.7%
% Calories from Protein:	6.0%
Total Fat (g):	45g
Saturated Fat (g):	27g
Monounsaturated Fat (g):	13g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	163mg
Carbohydrate (g):	177g
Dietary Fiber (g):	7g
Protein (g):	18g
Sodium (mg):	376mg
Potassium (mg):	683mg
Calcium (mg):	127mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	168mg
Vitamin A (i.u.):	1829IU
Vitamin A (r.e.):	510RE

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.3mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.5mg
Folacin (mcg):	61mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1
Vegetable:	0
Fruit:	1 1/2
Non-Fat Milk:	1/2
Fat:	9
Other Carbohydrates:	10

Nutrition Facts

Amount Per Serving

Calories	1146	Calories from Fat: 393
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% Daily Values*

Total Fat	45g	69%
Saturated Fat	27g	137%
Cholesterol	163mg	54%
Sodium	376mg	16%
Total Carbohydrates	177g	59%
Dietary Fiber	7g	27%
Protein	18g	

Vitamin A	37%
Vitamin C	280%
Calcium	13%
Iron	7%

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