

THIS WEEK'S RECIPE

As seen on hdnews.net

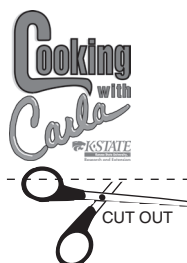


Whipped Cream Pie

By: Meredith Martin

- 1 tub whipped topping (regular or lite)
- 1 box flavored gelatin (regular or sugar free)
- 1 small container yogurt
- 1 prepared graham cracker crust

Mix whipped topping, gelatin and yogurt and pour into pie crust. Match flavors such as strawberry gelatin and strawberry yogurt Refrigerate and enjoy.



Location of Ingredients

(at Vine Street Dillon's)

ITEM	AISLE
Whipped Topping	7
Gelatin	5
Yogurt	Dairy
Graham Cracker	11



Nutrition Facts	
Serving Size (61g)	
Servings Per Container 8	
Amount Per Serving	
Calories 110	Calories from Fat 45
% Daily Value*	
Total Fat 5g	7%
Saturated Fat 3.5g	18%
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 15g	5%
Dietary Fiber 0g	0%
Sugars 13g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 6%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Total Fat	Calories: 2,000 2,500
Saturated Fat	Less than 65g 80g
Cholesterol	Less than 20g 25g
Sodium	Less than 300mg 300mg
Total Carbohydrate	Less than 2,400mg 2,400mg
Dietary Fiber	300g 375g
	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

nutrition facts based on lite whipped topping, sugar free gelatin and lowfat yogurt

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