

Aussie Lime Pie

 Vegetarian

READY IN



35 min.

SERVINGS



10

CALORIES



374 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup butter melted
- ☐ 0.7 cup coconut or flaked
- ☐ 2 tablespoons plus light
- ☐ 4 egg yolks beaten
- ☐ 0.7 cup flour all-purpose
- ☐ 2 teaspoons lemon zest grated
- ☐ 0.5 cup juice of lime

- ☐ 0.7 cup rolled oats
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 0.5 cup sugar white

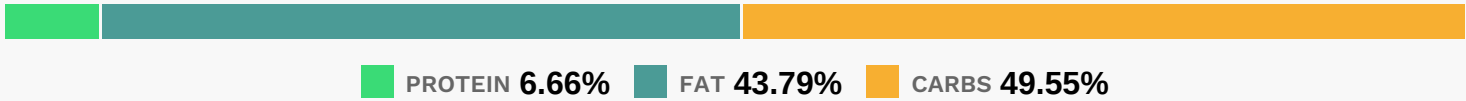
Equipment

- ☐ bowl
- ☐ oven
- ☐ mixing bowl
- ☐ pie form

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9 inch glass pie pan.
- ☐ In a medium bowl, mix together oats, coconut, flour, and sugar. In a separate bowl, mix together melted butter or margarine, corn syrup, and baking soda until frothy.
- ☐ Add corn syrup mixture to oat mixture and stir until ingredients are thoroughly combined. Press mixture evenly into bottom and sides of pie pan.
- ☐ In a medium mixing bowl, combine condensed milk, lime juice, egg yolks, and lemon rind. Beat on medium speed 1 minute.
- ☐ Pour mixture into pie crust.
- ☐ Bake in preheated oven for 20 minutes, until firm in center. Do not allow to brown on top. Chill before serving.

Nutrition Facts



Properties

Glycemic Index:31.51, Glycemic Load:26.64, Inflammation Score:-4, Nutrition Score:8.259999886803%

Flavonoids

Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 374.35kcal (18.72%), Fat: 18.71g (28.78%), Saturated Fat: 12.02g (75.11%), Carbohydrates: 47.64g (15.88%), Net Carbohydrates: 45.85g (16.67%), Sugar: 35.71g (39.68%), Cholesterol: 115.66mg (38.55%), Sodium: 241.96mg (10.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.4g (12.8%), Selenium: 15.56µg (22.23%), Manganese: 0.42mg (20.88%), Phosphorus: 175.8mg (17.58%), Vitamin B2: 0.27mg (15.66%), Calcium: 133.17mg (13.32%), Vitamin A: 499.68IU (9.99%), Vitamin B1: 0.15mg (9.9%), Folate: 33.97µg (8.49%), Fiber: 1.79g (7.14%), Vitamin B5: 0.68mg (6.84%), Potassium: 232.11mg (6.63%), Magnesium: 26.37mg (6.59%), Vitamin C: 5.26mg (6.38%), Zinc: 0.95mg (6.33%), Iron: 1.1mg (6.1%), Vitamin B12: 0.33µg (5.57%), Copper: 0.09mg (4.7%), Vitamin E: 0.59mg (3.95%), Vitamin B6: 0.08mg (3.86%), Vitamin B3: 0.7mg (3.48%), Vitamin D: 0.47µg (3.12%), Vitamin K: 1.31µg (1.24%)