



Cake Fairy - Key Lime Pie with Meringue

READY IN



20 min.

SERVINGS



10

CALORIES



706 kcal

DESSERT

Ingredients

- ☐ 375 g gingernut biscuits crushed
- ☐ 570 ml double cream
- ☐ 4 large egg whites
- ☐ 30 g icing sugar
- ☐ 8 juice of lime
- ☐ 1 pinch salt
- ☐ 150 g caster sugar
- ☐ 397 g condensed milk sweetened
- ☐ 150 g butter unsalted

- ☐ 1 tsp vanilla extract pure

Equipment

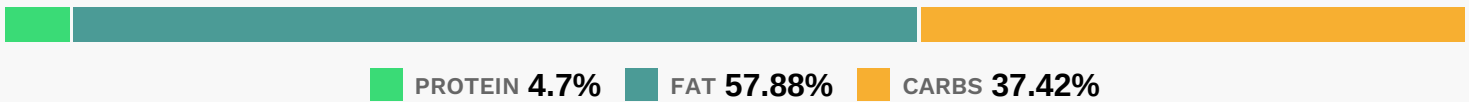
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ kitchen towels
- ☐ rolling pin
- ☐ palette knife

Directions

- ☐ Crush the ginger nut biscuits. I recommended putting them in a bag, covering with a tea towel and crush with a rolling pin (or wine bottle!). Crush them as small as you can be bothered to as the smaller the better.
- ☐ Melt the butter in a pan on the hob and stir in the crushed biscuits. Lightly press this mixture in to a medium sized tin. Put in the fridge to chill and harden (about 30mins to an hour)
- ☐ Zest and juice the 8 limes.
- ☐ Put the lime juice into a large bowl and add the cream and condensed milk.
- ☐ Whisk for 1-2 minutes.
- ☐ Fold in the lime zest.
- ☐ Check your base has hardened and it is not flaky then pour the creamy mixture on to the biscuit base.
- ☐ Chill in the fridge for one to two hoursNB If you are having a dinner party it is okay to make this the night before and leave it in the fridge overnight. Cover with foil just to stop the fridge smell penetrating it. You can then top with the meringue and bake just before guests arrive.
- ☐ Preheat the oven to 190C.
- ☐ Put the egg whites in to a very clean bowl (no oil or egg yolk – this is important as the meringue won't get enough air in it).

- ☐ Whisk until, when you draw out the whisk, the egg whites form a stiff peak.
- ☐ Gentle whisk in the caster sugar.
- ☐ Stir in the icing sugar, vanilla and salt.
- ☐ Whisk gentle until the mixture turns glossy.
- ☐ Spread the meringue on top of your key lime pie. You can swirl it around with a palette knife or fork to create patterns and peaks.
- ☐ Put the fork in to the meringue twist and pull up.
- ☐ Bake in the oven for 10 mins. The peaks should turn brownly golden and the troughs should be white.
- ☐ Wait until it cools to serve, although this isn't a rule.Devourer with friends and loved ones x

Nutrition Facts



Properties

Glycemic Index:19.51, Glycemic Load:38.65, Inflammation Score:-7, Nutrition Score:9.960434789243%

Flavonoids

Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg Hesperetin: 2.15mg, Hesperetin: 2.15mg, Hesperetin: 2.15mg, Hesperetin: 2.15mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 706.19kcal (35.31%), Fat: 46.23g (71.13%), Saturated Fat: 26.11g (163.2%), Carbohydrates: 67.26g (22.42%), Net Carbohydrates: 66.68g (24.25%), Sugar: 49.84g (55.37%), Cholesterol: 110.54mg (36.85%), Sodium: 226.44mg (9.85%), Alcohol: 0.14g (100%), Alcohol %: 0.09% (100%), Protein: 8.45g (16.9%), Vitamin A: 1368IU (27.36%), Vitamin B2: 0.46mg (27.13%), Selenium: 12.84µg (18.35%), Phosphorus: 167.41mg (16.74%), Calcium: 163.58mg (16.36%), Vitamin E: 1.91mg (12.71%), Vitamin B1: 0.19mg (12.46%), Vitamin C: 8.58mg (10.4%), Folate: 40.41µg (10.1%), Manganese: 0.17mg (8.58%), Potassium: 288.94mg (8.26%), Vitamin D: 1.22µg (8.15%), Iron: 1.3mg (7.2%), Vitamin K: 7.39µg (7.04%), Vitamin B3: 1.41mg (7.03%), Vitamin B5: 0.63mg (6.28%), Magnesium: 23.31mg (5.83%), Vitamin B12: 0.3µg (5.06%), Zinc: 0.73mg (4.89%), Vitamin B6: 0.08mg (3.86%), Copper: 0.06mg (2.97%), Fiber: 0.58g (2.33%)