



## Cashew Crusted Key Lime Pie with a Whipped Cream Fruit Coulis

 Vegetarian

READY IN



260 min.

SERVINGS



8

CALORIES



1072 kcal

DESSERT

### Ingredients

- 0.8 cup butter melted
- 2 cups cashew pieces very finely chopped
- 9 egg yolks
- 1 cup ground graham cracker crumbs finely
- 2 cups heavy cream
- 1.5 cups key lime juice
- 1 orange zest

- 0.5 cup sugar
- 3 cups condensed milk sweetened

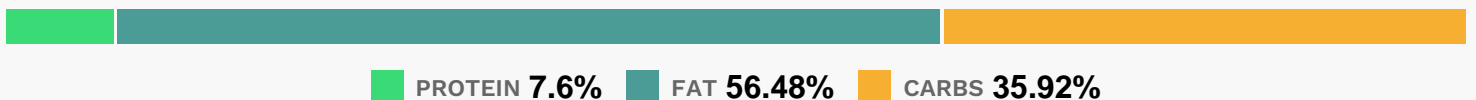
## Equipment

- food processor
- bowl
- oven
- mixing bowl
- hand mixer
- pie form

## Directions

- Preheat the oven to 325 degrees F.
- Grease a 9-inch pie pan and set aside. In a small bowl, mix together the cashews, graham cracker crumbs, 1/2 cup sugar, and the melted butter (you may choose to process the cashews and graham crackers in a food processor to finely grind them). Press crumb mixture into the bottom and sides of pie pan.
- In a medium mixing bowl, combine the sweetened condensed milk and egg yolks until smooth, mixing either by hand or with an electric mixer. Slowly add the Key lime juice and mix to incorporate.
- Pour into the unbaked crust and bake for 50 minutes or until center is set. Cool pie to room temperature; then refrigerate for several hours.
- When pie is cool, make the whipped topping. In the bowl of an electric mixer, whip the heavy cream, orange zest, and remaining 2 ounces of sugar until it has reached the consistency of whipped cream.
- Spread whipped topping evenly over the cooled pie. The pie can be served immediately or allowed to set before serving.

## Nutrition Facts



## Properties

Glycemic Index:35.04, Glycemic Load:54.65, Inflammation Score:-9, Nutrition Score:25.320434943489%

## Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 4.07mg, Hesperetin: 4.07mg, Hesperetin: 4.07mg, Hesperetin: 4.07mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

## Nutrients (% of daily need)

Calories: 1072.23kcal (53.61%), Fat: 69.35g (106.7%), Saturated Fat: 35.53g (222.09%), Carbohydrates: 99.24g (33.08%), Net Carbohydrates: 97.47g (35.45%), Sugar: 81.85g (90.94%), Cholesterol: 370.7mg (123.57%), Sodium: 382.5mg (16.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.99g (41.98%), Phosphorus: 628.03mg (62.8%), Selenium: 36.87µg (52.68%), Vitamin B2: 0.76mg (44.58%), Calcium: 425.51mg (42.55%), Vitamin A: 2033.84IU (40.68%), Copper: 0.76mg (38.24%), Magnesium: 139.76mg (34.94%), Manganese: 0.56mg (28.05%), Zinc: 3.82mg (25.44%), Vitamin C: 19.15mg (23.22%), Potassium: 797.38mg (22.78%), Vitamin B1: 0.33mg (21.69%), Vitamin B5: 1.98mg (19.83%), Iron: 3.48mg (19.34%), Vitamin B12: 1.03µg (17.19%), Vitamin B6: 0.32mg (15.79%), Folate: 63.09µg (15.77%), Vitamin D: 2.28µg (15.17%), Vitamin K: 15.49µg (14.76%), Vitamin E: 2.14mg (14.27%), Fiber: 1.76g (7.05%), Vitamin B3: 1.11mg (5.55%)