



Classic Key Lime Pie

READY IN



260 min.

SERVINGS



8

CALORIES



423 kcal

Ingredients

- ☐ 8 oz cream cheese softened
- ☐ 1 deep dish pie crust frozen
- ☐ 1 eggs
- ☐ 0.3 cup juice of lime
- ☐ 1 tablespoon lime zest grated
- ☐ 8 servings lime zest grated
- ☐ 14 oz condensed milk sweetened canned (not evaporated)
- ☐ 1 cup non-dairy whipped topping frozen thawed

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Place cookie sheet on oven rack.
- ☐ Heat oven to 375F.
- ☐ Let 1 crust thaw 10 to 20 minutes. Prick bottom and around side thoroughly with fork.
- ☐ Bake on cookie sheet 9 to 11 minutes or until very light golden brown.
- ☐ In medium bowl, beat cream cheese with electric mixer on medium speed until light and fluffy. Gradually beat in egg and condensed milk. Beat in 1 tablespoon lime peel and the lime juice.
- ☐ Spread over crust.
- ☐ Bake 25 to 30 minutes or until center is set. Cool 30 minutes. Cover loosely; refrigerate at least 3 hours until chilled. Just before serving, top with whipped topping.
- ☐ Garnish with additional lime peel. Cover and refrigerate any remaining pie.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:16.93, Inflammation Score:-4, Nutrition Score:7.7752173309741%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 1.66mg, Hesperetin: 1.66mg, Hesperetin: 1.66mg, Hesperetin: 1.66mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 422.6kcal (21.13%), Fat: 23.95g (36.84%), Saturated Fat: 11.98g (74.87%), Carbohydrates: 45.06g (15.02%), Net Carbohydrates: 44.57g (16.21%), Sugar: 30.49g (33.88%), Cholesterol: 66.15mg (22.05%), Sodium: 266.54mg (11.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.26g (16.51%), Vitamin B2: 0.35mg (20.44%), Phosphorus: 194.62mg (19.46%), Calcium: 185.77mg (18.58%), Selenium: 12.98µg (18.55%), Vitamin A: 555.75IU

(11.12%), Folate: 33.78µg (8.44%), Vitamin B1: 0.12mg (8.16%), Potassium: 277.83mg (7.94%), Vitamin B5: 0.74mg (7.36%), Manganese: 0.14mg (7.2%), Vitamin C: 4.82mg (5.85%), Vitamin B12: 0.35µg (5.81%), Zinc: 0.83mg (5.52%), Magnesium: 21.92mg (5.48%), Vitamin E: 0.8mg (5.36%), Vitamin K: 5.52µg (5.26%), Iron: 0.89mg (4.94%), Vitamin B3: 0.87mg (4.34%), Vitamin B6: 0.07mg (3.51%), Copper: 0.04mg (2.18%), Fiber: 0.48g (1.94%), Vitamin D: 0.21µg (1.39%)