



WHATSheATE



Cool and Creamy Key Lime Dessert

READY IN



175 min.

SERVINGS



9

CALORIES



509 kcal

SIDE DISH

Ingredients

- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup butter firm
- ☐ 0.5 cup walnut pieces finely chopped
- ☐ 1 teaspoon lime zest grated
- ☐ 14 oz condensed milk sweetened canned (not evaporated)
- ☐ 0.5 cup juice of lime
- ☐ 2 teaspoons lime zest grated
- ☐ 2 cups whipping cream
- ☐ 3 drops drop natural food coloring green

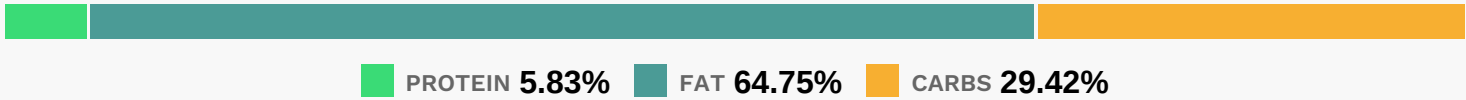
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ hand mixer

Directions

- ☐ Heat oven to 350°F.
- ☐ Place flour in medium bowl.
- ☐ Cut in butter, using pastry blender (or pulling 2 table knives through flour in opposite directions), until evenly mixed. Stir in walnuts and 1 teaspoon lime peel. Press evenly in bottom of ungreased 9-inch square pan.
- ☐ Bake about 15 minutes or until light brown. Cool completely, about 30 minutes.
- ☐ In medium bowl, mix condensed milk, lime juice and 2 teaspoons lime peel; set aside. In chilled large bowl, beat whipping cream and food color with electric mixer on high speed until stiff.
- ☐ Fold lime mixture into whipped cream just until blended.
- ☐ Pour over crust. Cover; refrigerate at least 2 hours until chilled but no longer than 48 hours. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:24.44, Glycemic Load:22.41, Inflammation Score:-7, Nutrition Score:9.6473913296409%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 1.49mg, Hesperetin: 1.49mg, Hesperetin: 1.49mg, Hesperetin: 1.49mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 508.68kcal (25.43%), Fat: 37.47g (57.64%), Saturated Fat: 17.11g (106.95%), Carbohydrates: 38.3g (12.77%), Net Carbohydrates: 37.41g (13.6%), Sugar: 25.98g (28.87%), Cholesterol: 74.76mg (24.92%), Sodium: 189.9mg (8.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.59g (15.18%), Vitamin A: 1354.67IU (27.09%), Vitamin B2: 0.37mg (21.65%), Selenium: 13.16µg (18.79%), Phosphorus: 184.64mg (18.46%), Calcium: 174.49mg (17.45%), Manganese: 0.32mg (16.11%), Vitamin B1: 0.19mg (12.42%), Folate: 40.28µg (10.07%), Potassium: 279.09mg (7.97%), Magnesium: 29.99mg (7.5%), Vitamin C: 5.8mg (7.03%), Copper: 0.14mg (6.99%), Vitamin E: 1.03mg (6.89%), Vitamin D: 0.93µg (6.23%), Vitamin B5: 0.59mg (5.92%), Zinc: 0.85mg (5.67%), Iron: 0.99mg (5.48%), Vitamin B3: 1.04mg (5.21%), Vitamin B12: 0.29µg (4.85%), Vitamin B6: 0.09mg (4.43%), Fiber: 0.88g (3.53%), Vitamin K: 2.26µg (2.15%)