



 **57%**
HEALTH SCORE

Creamy Key Lime Pie

READY IN



210 min.

SERVINGS



8

CALORIES



183 kcal

DESSERT

Ingredients

- 2 cups all-bran cereal fiber one®
- 0.3 cup butter melted
- 1 tablespoon plus
- 1.5 teaspoons gelatin powder unflavored
- 18 oz lime light thick yoplait®
- 1 tablespoon juice of lime fresh
- 2 teaspoons lime zest grated
- 4 oz cream cheese softened (half 8-oz package)
- 1 teaspoon vanilla

- 2 tablespoons water cold
- 0.5 cup non-dairy whipped topping frozen thawed reduced-fat ()

Equipment

- food processor
- bowl
- sauce pan
- oven
- hand mixer
- ziploc bags
- rolling pin
- meat tenderizer

Directions

- Heat oven to 350°F.
- Place cereal in resealable food-storage plastic bag; seal bag and finely crush with rolling pin or meat mallet until cereal looks like graham cracker crumbs (or finely crush in food processor).
- In medium bowl, mix crust ingredients until blended. Press crust mixture evenly and firmly in bottom and up side of 9-inch glass pie plate.
- Bake 10 to 12 minutes or until firm. Cool completely, about 1 hour.
- In 1-quart saucepan, mix water and lime juice.
- Sprinkle gelatin on lime juice mixture; let stand 1 minute.
- Heat over low heat, stirring constantly, until gelatin is dissolved. Cool slightly, about 2 minutes.
- In medium bowl, beat cream cheese with electric mixer on medium speed until smooth.
- Add yogurt and lime juice mixture; beat on low speed until well blended. Fold in whipped topping and lime peel. Spoon into crust. Refrigerate until set, about 2 hours.

Nutrition Facts



■ PROTEIN 7.8% ■ FAT 50.44% ■ CARBS 41.76%

Properties

Glycemic Index:19.33, Glycemic Load:5.31, Inflammation Score:-8, Nutrition Score:21.895652247512%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 27.81mg, Hesperetin: 27.81mg, Hesperetin: 27.81mg, Hesperetin: 27.81mg Naringenin: 2.19mg, Naringenin: 2.19mg, Naringenin: 2.19mg, Naringenin: 2.19mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 182.75kcal (9.14%), Fat: 12.1g (18.61%), Saturated Fat: 4.76g (29.77%), Carbohydrates: 22.54g (7.51%), Net Carbohydrates: 16.19g (5.89%), Sugar: 7.37g (8.18%), Cholesterol: 14.41mg (4.8%), Sodium: 159.5mg (6.93%), Alcohol: 0.17g (100%), Alcohol %: 0.19% (100%), Protein: 4.21g (8.41%), Vitamin B6: 1.9mg (94.9%), Manganese: 1.16mg (57.88%), Folate: 210.09µg (52.52%), Vitamin B12: 2.96µg (49.36%), Vitamin B2: 0.47mg (27.93%), Vitamin C: 22.38mg (27.13%), Fiber: 6.35g (25.4%), Vitamin B1: 0.38mg (25.23%), Phosphorus: 210.67mg (21.07%), Iron: 3.14mg (17.47%), Magnesium: 62.22mg (15.56%), Vitamin A: 751.44IU (15.03%), Zinc: 2.08mg (13.89%), Vitamin B3: 2.45mg (12.24%), Copper: 0.22mg (11.18%), Calcium: 101.92mg (10.19%), Potassium: 253.18mg (7.23%), Selenium: 3.36µg (4.8%), Vitamin E: 0.7mg (4.64%), Vitamin D: 0.67µg (4.44%), Vitamin B5: 0.39mg (3.94%), Vitamin K: 1.65µg (1.57%)