



Easy Key Lime Pie

READY IN



45 min.

SERVINGS



8

CALORIES



481 kcal

DESSERT

Ingredients

- 1 cup butter
- 3 egg yolk
- 1.3 cups graham crackers crushed finely
- 0.5 cup juice of lime
- 3 tablespoons sugar divided
- 14 ounces condensed milk sweetened canned
- 1 tablespoon water
- 8 servings whipped cream

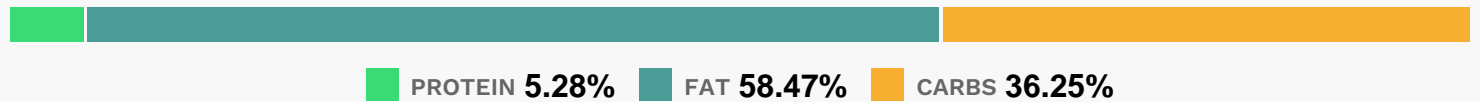
Equipment

- bowl
- oven
- whisk

Directions

- Crust: melt butter and stir in 1/4 cup sugar.
- Add crushed crackers and toss to mix well.
- Spread evenly into a 9-inch pie plate and press onto bottom and sides. Chill 1 hour or until firm. Can also bake in a 375 degree oven for 4–5 minutes and then cool before filling. In a medium bowl, beat egg yolks with a whisk or a fork. gradually whisk/stir in condensed milk.
- Add lime juice, water, and a few drops of green food coloring if desired.
- Mixture will thicken as you stir. Spoon filling into the crust.
- Bake in a 350 degree oven for 25 minutes and cool for 1 hour, then chill for 3–4 hours. Top with whipped cream and serve.

Nutrition Facts



Properties

Glycemic Index:38.76, Glycemic Load:27.6, Inflammation Score:-5, Nutrition Score:7.4213043478261%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Taste

Sweetness: 100%, Saltiness: 8.77%, Sourness: 1.11%, Bitterness: 1.06%, Savoriness: 4.37%, Fattiness: 87.21%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 480.59kcal (24.03%), Fat: 31.88g (49.05%), Saturated Fat: 19g (118.77%), Carbohydrates: 44.47g (14.82%), Net Carbohydrates: 43.93g (15.97%), Sugar: 35.5g (39.45%), Cholesterol: 155.33mg (51.78%), Sodium: 342.29mg (14.88%), Protein: 6.48g (12.95%), Vitamin A: 987.55IU (19.75%), Phosphorus: 194.52mg (19.45%), Calcium: 175.8mg (17.58%), Vitamin B2: 0.29mg (17.2%), Selenium: 11.53µg (16.47%), Potassium: 249.72mg (7.13%), Vitamin C: 5.83mg (7.06%), Vitamin B12: 0.42µg (6.93%), Vitamin E: 0.98mg (6.56%), Vitamin B5: 0.64mg (6.42%), Vitamin B1: 0.1mg (6.4%), Zinc: 0.95mg (6.37%), Folate: 24.32µg (6.08%), Magnesium: 23.99mg (6%), Iron: 0.88mg (4.91%), Vitamin B6: 0.07mg (3.6%), Vitamin B3: 0.68mg (3.37%), Vitamin D: 0.49µg (3.25%), Vitamin K: 2.54µg (2.42%), Fiber: 0.54g (2.15%), Copper: 0.02mg (1.11%)