

Easy Key Lime Pie I

READY IN



35 min.

SERVINGS



8

CALORIES



1157 kcal

Ingredients

- 5 egg yolk beaten
- 9 inch graham cracker crust prepared
- 0.5 cup juice of lime
- 14 ounce condensed milk sweetened canned

Equipment

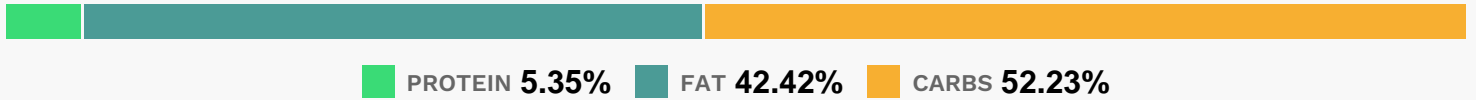
- oven

Directions

- Preheat oven to 375 degrees F (190 degrees C).

- Combine the egg yolks, sweetened condensed milk and lime juice.
- Mix well.
- Pour into unbaked graham cracker shell.
- Bake in preheated oven for 15 minutes. Allow to cool. Top with whipped topping and garnish with lime slices if desired.

Nutrition Facts



Properties

Glycemic Index:7.63, Glycemic Load:16.46, Inflammation Score:-5, Nutrition Score:23.973913089089%

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

Nutrients (% of daily need)

Calories: 1157.42kcal (57.87%), Fat: 54.74g (84.21%), Saturated Fat: 13.36g (83.51%), Carbohydrates: 151.64g (50.55%), Net Carbohydrates: 147.95g (53.8%), Sugar: 61.92g (68.8%), Cholesterol: 138.37mg (46.12%), Sodium: 969.5mg (42.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.53g (31.06%), Manganese: 2.47mg (123.66%), Vitamin K: 42.16µg (40.15%), Vitamin B2: 0.68mg (39.73%), Phosphorus: 395.27mg (39.53%), Folate: 147.71µg (36.93%), Vitamin B3: 6.29mg (31.43%), Iron: 5.39mg (29.93%), Vitamin B1: 0.42mg (28.01%), Selenium: 18.63µg (26.61%), Vitamin E: 3.94mg (26.27%), Copper: 0.45mg (22.33%), Calcium: 212.99mg (21.3%), Zinc: 3.13mg (20.85%), Fiber: 3.69g (14.78%), Magnesium: 58.66mg (14.66%), Potassium: 430.13mg (12.29%), Vitamin B6: 0.22mg (10.79%), Vitamin B5: 1.07mg (10.67%), Vitamin B12: 0.44µg (7.29%), Vitamin C: 5.83mg (7.06%), Vitamin A: 304.16IU (6.08%), Vitamin D: 0.71µg (4.71%)