



Easy Key Lime Pie II

READY IN



45 min.

SERVINGS



10

CALORIES



915 kcal

Ingredients

- 3 eggs separated
- 9 inch graham cracker crust prepared
- 0.3 cup juice of lime fresh
- 1 teaspoon lime zest grated
- 14 ounce condensed milk sweetened canned

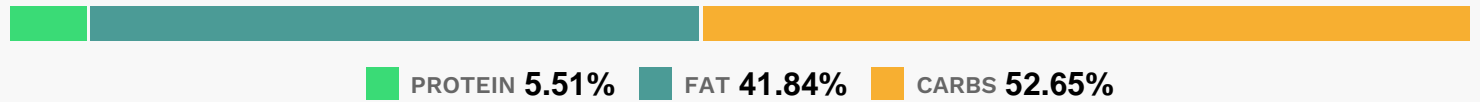
Equipment

- bowl
- oven

Directions

- Preheat oven to 250 degrees F (125 degrees C).
- In a large glass or metal bowl, beat egg whites until stiff peaks form. Set aside.
- In a medium bowl, beat egg yolks, then stir in condensed milk, lime rind, and lime juice.
- Mix well, then fold mixture into beaten egg whites.
- Pour mixture into graham cracker crust.
- Bake in preheated oven for 10 minutes. Chill before serving.
- Garnish with whipped topping if desired.

Nutrition Facts



Properties

Glycemic Index:9.3, Glycemic Load:13.18, Inflammation Score:-5, Nutrition Score:19.490000030269%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 914.89kcal (45.74%), Fat: 42.66g (65.63%), Saturated Fat: 10.24g (64.02%), Carbohydrates: 120.77g (40.26%), Net Carbohydrates: 117.82g (42.84%), Sugar: 49.47g (54.97%), Cholesterol: 62.6mg (20.87%), Sodium: 789.94mg (34.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.64g (25.28%), Manganese: 1.98mg (98.83%), Vitamin B2: 0.55mg (32.5%), Vitamin K: 33.68µg (32.08%), Phosphorus: 306.73mg (30.67%), Folate: 110.84µg (27.71%), Vitamin B3: 5.03mg (25.16%), Iron: 4.29mg (23.85%), Vitamin B1: 0.32mg (21.64%), Vitamin E: 3.05mg (20.34%), Selenium: 13.91µg (19.88%), Copper: 0.36mg (17.95%), Calcium: 165.68mg (16.57%), Zinc: 2.46mg (16.42%), Magnesium: 47.75mg (11.94%), Fiber: 2.94g (11.78%), Potassium: 348mg (9.94%), Vitamin B6: 0.16mg (8.11%), Vitamin B5: 0.78mg (7.83%), Vitamin B12: 0.29µg (4.87%), Vitamin C: 3.51mg (4.25%), Vitamin A: 182.91IU (3.66%), Vitamin D: 0.34µg (2.29%)