



## Florida Key Lime Pie

READY IN



45 min.

SERVINGS



10

CALORIES



1259 kcal

DESSERT

### Ingredients

- 3 tablespoons powdered sugar
- 16 ounce cream cheese softened
- 9 inch graham cracker crust prepared
- 1 cup heavy whipping cream chilled
- 0.8 cup juice of lime
- 1 teaspoon lime zest grated
- 0.3 teaspoon salt
- 28 ounce condensed milk) can condensed milk sweetened low-fat canned
- 1 teaspoon vanilla extract

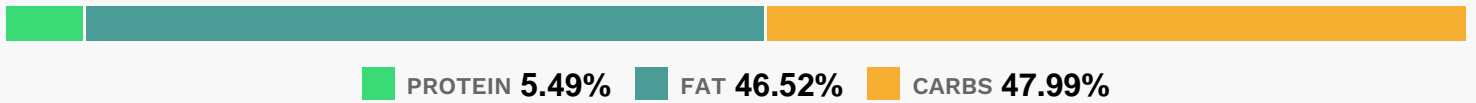
## Equipment

- bowl
- mixing bowl
- sieve
- plastic wrap

## Directions

- To Make Lime Filling: In a large mixing bowl, whip cream cheese until fluffy.
- Add condensed milk, lime juice, lime rind, and salt. Whip until mixture is smooth.
- Pour into graham cracker crust. Cover with plastic wrap and chill thoroughly.
- To Make Topping: In a medium bowl, whip cream until soft peaks form.
- Add vanilla or lemon extract and confectioners' sugar. Continue to whip until cream forms stiff peaks.
- Place topping in a fine-mesh sieve and place sieve over a bowl to catch liquid that drains off. Cover topping tightly with plastic wrap and allow to drain for 2 hours.
- Before serving, discard liquid that has drained from topping.
- Spread topping over pie.

## Nutrition Facts



## Properties

Glycemic Index:5.9, Glycemic Load:0.68, Inflammation Score:-7, Nutrition Score:19.891304399656%

## Flavonoids

Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 1.71mg, Hesperetin: 1.71mg, Hesperetin: 1.71mg, Hesperetin: 1.71mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 1259.43kcal (62.97%), Fat: 65.13g (100.2%), Saturated Fat: 24.27g (151.7%), Carbohydrates: 151.2g (50.4%), Net Carbohydrates: 148.21g (53.9%), Sugar: 78.44g (87.16%), Cholesterol: 82.63mg (27.54%), Sodium: 1007.45mg (43.8%), Alcohol: 0.14g (100%), Alcohol %: 0.05% (100%), Protein: 17.3g (34.6%), Manganese: 1.98mg (98.94%), Vitamin K: 35.18µg (33.5%), Calcium: 305.23mg (30.52%), Vitamin B2: 0.48mg (28.15%), Folate: 106.32µg (26.58%), Vitamin B3: 5.01mg (25.05%), Phosphorus: 243.95mg (24.39%), Vitamin A: 1168.19IU (23.36%), Vitamin E: 3.48mg (23.2%), Iron: 4.07mg (22.62%), Vitamin B1: 0.3mg (20.09%), Copper: 0.36mg (17.88%), Zinc: 2.21mg (14.75%), Selenium: 8.63µg (12.32%), Fiber: 2.99g (11.94%), Magnesium: 42.45mg (10.61%), Potassium: 277.47mg (7.93%), Vitamin B6: 0.16mg (7.85%), Vitamin C: 5.65mg (6.84%), Vitamin B5: 0.61mg (6.14%), Vitamin D: 0.38µg (2.54%), Vitamin B12: 0.14µg (2.3%)