

Fluffy Key Lime Pie

READY IN



90 min.

SERVINGS



8

CALORIES



383 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 1.5 cups graham crackers crushed finely (20 squares)
- ☐ 0.5 cup juice of lime
- ☐ 3 tablespoons sugar
- ☐ 14 oz condensed milk sweetened canned
- ☐ 8 oz non-dairy whipped topping frozen thawed

Equipment

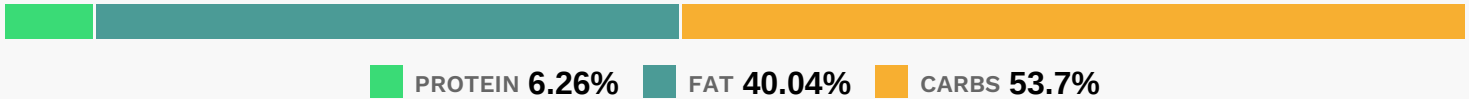
- ☐ bowl

- ☐ oven
- ☐ hand mixer

Directions

- ☐ Heat oven to 350°F. In small bowl, mix graham cracker crumbs, butter and sugar. Press in bottom and up side of 9-inch glass pie plate.
- ☐ Bake 8 to 10 minutes or until golden brown; cool.
- ☐ In large bowl, beat milk and lime juice with electric mixer on medium speed until smooth and thickened. Fold in whipped topping. Spoon into cooled pie crust.
- ☐ Cover and refrigerate about 1 hour or until set. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:25.64, Glycemic Load:28.7, Inflammation Score:-4, Nutrition Score:6.1173913258573%

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: 383.42kcal (19.17%), Fat: 17.36g (26.7%), Saturated Fat: 7.77g (48.57%), Carbohydrates: 52.38g (17.46%), Net Carbohydrates: 51.74g (18.82%), Sugar: 42.31g (47.01%), Cholesterol: 17.43mg (5.81%), Sodium: 284.16mg (12.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.1g (12.21%), Phosphorus: 184.88mg (18.49%), Calcium: 179.36mg (17.94%), Vitamin B2: 0.28mg (16.41%), Selenium: 8.06µg (11.52%), Vitamin A: 499.33IU (9.99%), Potassium: 264.32mg (7.55%), Vitamin C: 5.85mg (7.09%), Magnesium: 26.33mg (6.58%), Vitamin B1: 0.09mg (6.23%), Zinc: 0.83mg (5.56%), Vitamin B12: 0.28µg (4.74%), Iron: 0.84mg (4.64%), Vitamin B5: 0.4mg (3.99%), Vitamin B3: 0.79mg (3.97%), Folate: 15.68µg (3.92%), Vitamin E: 0.55mg (3.65%), Vitamin B6: 0.05mg (2.72%), Fiber: 0.63g (2.54%), Vitamin K: 1.3µg (1.23%)