



## Fluffy Key Lime Pie (lighter )

READY IN



90 min.

SERVINGS



8

CALORIES



362 kcal

DESSERT

### Ingredients

- 1.5 cups graham crackers crushed finely (20 squares)
- 0.3 cup butter melted
- 3 tablespoons sugar
- 14 oz condensed milk sweetened canned
- 0.5 cup juice of lime
- 8 oz cool whip fat-free frozen thawed

### Equipment

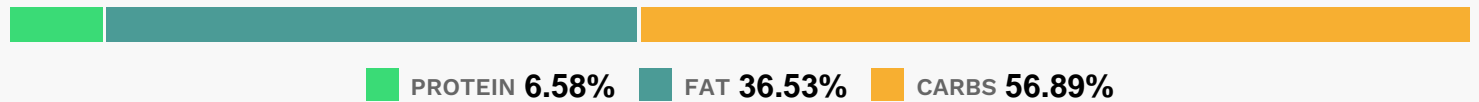
- bowl

- 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:7.0404347660749%

## 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: 362.16kcal (18.11%), Fat: 15.06g (23.17%), Saturated Fat: 5.38g (33.63%), Carbohydrates: 52.78g (17.59%), Net Carbohydrates: 52.03g (18.92%), Sugar: 40.15g (44.61%), Cholesterol: 21.4mg (7.13%), Sodium: 284.16mg (12.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.1g (12.21%), Vitamin B2: 0.43mg (25.23%), Calcium: 189.85mg (18.98%), Phosphorus: 183.18mg (18.32%), Selenium: 8.24µg (11.76%), Vitamin B12: 0.65µg (10.79%), Vitamin A: 527.96IU (10.56%), Vitamin B1: 0.13mg (8.65%), Potassium: 266.3mg (7.61%), Vitamin C: 5.85mg (7.09%), Magnesium: 26.62mg (6.65%), Zinc: 0.89mg (5.96%), Folate: 19.65µg (4.91%), Iron: 0.82mg (4.53%), Vitamin B3: 0.87mg (4.34%), Vitamin B6: 0.08mg (4.18%), Vitamin B5: 0.4mg (3.99%), Fiber: 0.75g (2.99%), Vitamin E: 0.43mg (2.88%), Copper: 0.02mg (1.11%)