



Frozen Key Lime Pie

 Vegetarian

READY IN



145 min.

SERVINGS



8

CALORIES



477 kcal

DESSERT

Ingredients

- 6 extra large egg yolks at room temperature
- 1.5 cups graham cracker crumbs (10 crackers)
- 1 cup heavy cream cold ()
- 0.8 cup juice of lime freshly squeezed (4 to 5 limes)
- 8 servings lime wedges thin
- 2 tablespoons lime zest grated
- 0.3 cup sugar
- 14 ounce condensed milk sweetened canned

- 6 tablespoons butter unsalted melted ()
- 0.3 teaspoon vanilla extract pure

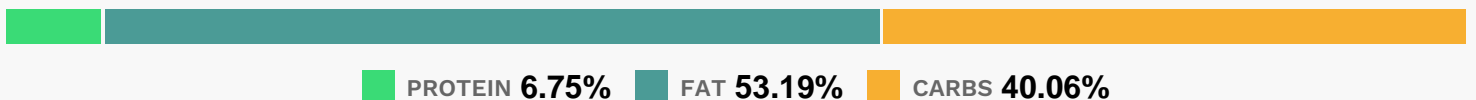
Equipment

- bowl
- oven
- whisk
- blender
- hand mixer
- pie form

Directions

- Preheat the oven to 350 degrees F.
- For the crust, combine the graham cracker crumbs, sugar, and butter in a bowl. Press into a 9-inch pyrex pie pan, making sure the sides and the bottom are an even thickness.
- Bake for 10 minutes until firm and golden. Allow to cool completely.
- For the filling, beat the egg yolks and sugar on high speed in the bowl of an electric mixer fitted with a paddle attachment for 5 minutes, until thick. With the mixer on medium speed, add the condensed milk, lime zest, and lime juice.
- Pour into the baked pie shell and freeze.
- For the decoration, beat the heavy cream on high speed in the bowl of an electric mixer fitted with the whisk attachment until soft peaks form.
- Add the sugar and vanilla and beat until firm. Spoon or pipe decoratively onto the pie and decorate with lime. Freeze for several hours or overnight.

Nutrition Facts



Properties

Glycemic Index:33.64, Glycemic Load:29.37, Inflammation Score:-6, Nutrition Score:9.4586957459864%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 3.11mg, Hesperetin: 3.11mg, Hesperetin: 3.11mg, Hesperetin: 3.11mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 476.78kcal (23.84%), Fat: 28.77g (44.26%), Saturated Fat: 16.5g (103.11%), Carbohydrates: 48.74g (16.25%), Net Carbohydrates: 48.04g (17.47%), Sugar: 38.24g (42.49%), Cholesterol: 218.86mg (72.95%), Sodium: 183.04mg (7.96%), Alcohol: 0.04g (100%), Alcohol %: 0.04% (100%), Protein: 8.22g (16.44%), Phosphorus: 233.39mg (23.34%), Selenium: 15.97µg (22.81%), Vitamin B2: 0.38mg (22.36%), Vitamin A: 1039.45IU (20.79%), Calcium: 196.99mg (19.7%), Vitamin C: 9mg (10.91%), Vitamin D: 1.46µg (9.74%), Vitamin B12: 0.55µg (9.12%), Folate: 36.39µg (9.1%), Vitamin B5: 0.9mg (8.97%), Potassium: 286.84mg (8.2%), Zinc: 1.18mg (7.9%), Vitamin B1: 0.12mg (7.82%), Magnesium: 27.14mg (6.78%), Vitamin E: 1mg (6.67%), Iron: 1.18mg (6.58%), Vitamin B6: 0.11mg (5.44%), Vitamin B3: 0.76mg (3.82%), Fiber: 0.7g (2.79%), Vitamin K: 2.23µg (2.12%), Copper: 0.04mg (1.79%)