



Frozen Key Lime Pie

 Vegetarian

READY IN



388 min.

SERVINGS



12

CALORIES



391 kcal

DESSERT

Ingredients

- ☐ 0.3 cup firmly brown sugar packed
- ☐ 0.5 cup butter melted
- ☐ 2 cups graham cracker crumbs
- ☐ 1 pint half-and-half
- ☐ 1 cup heavy whipping cream
- ☐ 1 slices lime fresh for garnish
- ☐ 0.8 cups key lime juice
- ☐ 1 tablespoon lime zest

- ☐ 0.5 cup sugar
- ☐ 12 ounce condensed milk sweetened canned

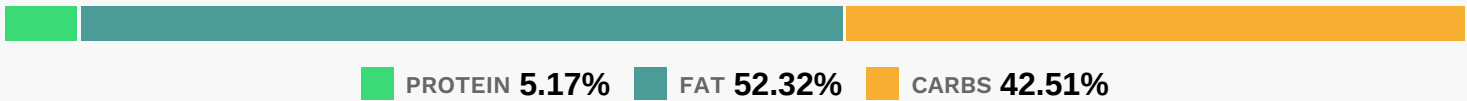
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ In a medium bowl, combine cracker crumbs and brown sugar. Stir in melted butter. Press the mixture firmly into bottom and up sides of a 10-inch spring form pan.
- ☐ Bake for 8 minutes and let the crust cool completely before spreading the pie filling over it.
- ☐ In a large bowl, with an electric mixer at medium speed, beat cream until slightly thickened. Gradually add the sugar and condensed milk and mix to combine. Beat in lime juice, lime zest, and half-and-half. Once the mixture as reached desired flavor and consistency, gently spread pie filling over cooled crust. Cover and freeze for 4 to 6 hours or until firm.
- ☐ Cut into wedges and garnish with fresh lime slices, serve cold.

Nutrition Facts



Properties

Glycemic Index:26.59, Glycemic Load:22.8, Inflammation Score:-5, Nutrition Score:5.8782609143983%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.82mg, Hesperetin: 1.82mg, Hesperetin: 1.82mg, Hesperetin: 1.82mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 390.87kcal (19.54%), Fat: 23.27g (35.8%), Saturated Fat: 13.97g (87.32%), Carbohydrates: 42.54g (14.18%), Net Carbohydrates: 41.97g (15.26%), Sugar: 33.89g (37.66%), Cholesterol: 66.19mg (22.06%), Sodium: 220.18mg (9.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.18g (10.35%), Vitamin B2: 0.27mg (16.04%), Calcium: 155.49mg (15.55%), Phosphorus: 153.73mg (15.37%), Vitamin A: 751.3IU (15.03%), Selenium: 6.27µg (8.96%), Vitamin C: 6.06mg (7.35%), Potassium: 228.18mg (6.52%), Magnesium: 22.84mg (5.71%), Vitamin B1: 0.08mg (5.19%), Zinc: 0.76mg (5.09%), Vitamin B5: 0.41mg (4.15%), Vitamin B12: 0.25µg (4.12%), Iron: 0.73mg (4.06%), Vitamin E: 0.58mg (3.88%), Vitamin B3: 0.68mg (3.39%), Folate: 13.46µg (3.37%), Vitamin B6: 0.06mg (3.17%), Vitamin D: 0.37µg (2.49%), Fiber: 0.57g (2.27%), Vitamin K: 2.08µg (1.98%), Copper: 0.02mg (1.09%)