



Frozen Margarita Pie

 Vegetarian

READY IN



250 min.

SERVINGS



8

CALORIES



438 kcal

DESSERT

Ingredients

- ☐ 80 grams butter
- ☐ 1 can condensed milk (14 oz/392 grams)
- ☐ 1 cup heavy whipping cream
- ☐ 60 ml juice of lime fresh
- ☐ 5 ml lime zest
- ☐ 1.5 cups pretzels crushed finely (4 oz/114 grams)
- ☐ 48 grams sugar
- ☐ 40 ml tequila good

☐ 30 ml triple sec

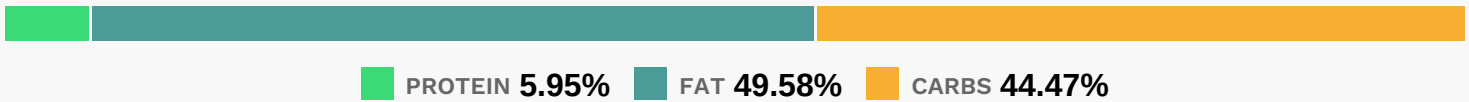
Equipment

- ☐ mixing bowl
- ☐ plastic wrap
- ☐ hand mixer
- ☐ microwave

Directions

- ☐ Melt the butter in a large microwave-safe bowl. Stir in the sugar and crushed pretzels. Press pretzel mixture across bottom and up sides of a greased glass pie plate. Keep chilled until ready to use. Make filling. In a large mixing bowl, stir together the condensed milk, lime juice, lime zest, Triple Sec and Tequila. Whip the cream with an electric mixer and fold the unsweetened whipped cream into the condensed milk mixture.
- ☐ Pour into pie shell. Freeze for about an hour or until firm, then wrap tightly in plastic wrap and freeze for 4 more hours. About a half hour before serving, remove from freezer.
- ☐ Serve.
- ☐ Serves 6-8

Nutrition Facts



Properties

Glycemic Index:38.89, Glycemic Load:30.21, Inflammation Score:-5, Nutrition Score:7.1295651663905%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 437.68kcal (21.88%), Fat: 23.63g (36.36%), Saturated Fat: 14.76g (92.27%), Carbohydrates: 47.69g (15.9%), Net Carbohydrates: 47.14g (17.14%), Sugar: 35.46g (39.4%), Cholesterol: 71.95mg (23.98%), Sodium: 321.77mg (13.99%), Alcohol: 2.67g (100%), Alcohol %: 2.66% (100%), Protein: 6.38g (12.77%), Vitamin B2: 0.32mg

(18.71%), Calcium: 167.92mg (16.79%), Phosphorus: 165.64mg (16.56%), Vitamin A: 823.35IU (16.47%), Selenium: 9.03µg (12.91%), Folate: 34.87µg (8.72%), Vitamin B1: 0.12mg (7.8%), Potassium: 258.34mg (7.38%), Manganese: 0.15mg (7.32%), Vitamin B5: 0.52mg (5.19%), Magnesium: 20.24mg (5.06%), Vitamin C: 4.16mg (5.04%), Zinc: 0.71mg (4.75%), Vitamin B12: 0.28µg (4.71%), Vitamin B3: 0.94mg (4.68%), Iron: 0.83mg (4.6%), Vitamin E: 0.67mg (4.49%), Vitamin D: 0.57µg (3.83%), Vitamin B6: 0.05mg (2.51%), Vitamin K: 2.42µg (2.3%), Fiber: 0.55g (2.19%), Copper: 0.04mg (1.97%)