



## Frozen Mojito Pie

READY IN



45 min.

SERVINGS



8

CALORIES



319 kcal

DESSERT

## Ingredients

- 1 cup pretzels crushed finely
- 5 tablespoons butter melted
- 8 oz cream cheese softened
- 0.8 cup sugar
- 1 large lime zest
- 1 large juice of lime
- 3 tablespoons mint leaves fresh finely chopped (I like it minty, so I use 3 tbsp. of mint)
- 2 cups non-dairy whipped topping

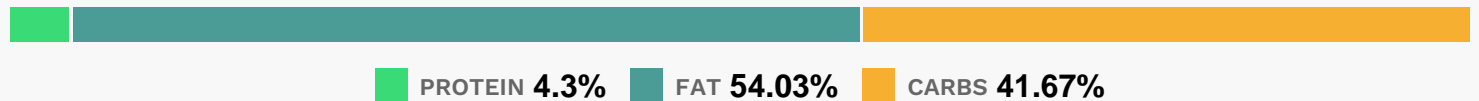
## Equipment

- bowl
- frying pan
- whisk
- plastic wrap
- springform pan

## Directions

- In a medium sized bowl mix together the pretzel crumbs and the butter.
- Press the pretzels onto the bottom of an 8-inch springform pan, or a round pan lined with plastic wrap.
- Freeze the crust for at least one hour.
- In your mixers bowl, beat together the cream cheese, sugar, zest, juice, and mint.
- Mix until well blended.
- Whisk in the whipped topping.
- Spoon the filling over the crust.
- Freeze for at least 6 hours. Over night is best.
- Carefully remove the pie from the pan and top it with some crushed pretzels and thin slices of lime.
- Keep it frozen.

## Nutrition Facts



## Properties

Glycemic Index:32.76, Glycemic Load:20.11, Inflammation Score:-5, Nutrition Score:3.9465217391304%

## Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 4.13mg, Hesperetin: 4.13mg, Hesperetin: 4.13mg, Hesperetin: 4.13mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg

Naringenin: 0.3mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Taste

Sweetness: 100%, Saltiness: 49.37%, Sourness: 28.74%, Bitterness: 13.86%, Savoriness: 5.97%, Fattiness: 62.36%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 319.31kcal (15.97%), Fat: 19.69g (30.3%), Saturated Fat: 12.39g (77.43%), Carbohydrates: 34.18g (11.39%), Net Carbohydrates: 33.45g (12.16%), Sugar: 24.63g (27.37%), Cholesterol: 47.82mg (15.94%), Sodium: 283.79mg (12.34%), Protein: 3.53g (7.05%), Vitamin A: 698.98IU (13.98%), Vitamin B2: 0.13mg (7.59%), Phosphorus: 62.51mg (6.25%), Folate: 24.66µg (6.16%), Manganese: 0.12mg (6.03%), Calcium: 53.64mg (5.36%), Vitamin C: 4.37mg (5.3%), Selenium: 3.57µg (5.09%), Vitamin E: 0.61mg (4.09%), Vitamin B1: 0.06mg (3.87%), Iron: 0.67mg (3.71%), Vitamin B3: 0.63mg (3.15%), Potassium: 104.73mg (2.99%), Fiber: 0.74g (2.96%), Vitamin B5: 0.23mg (2.34%), Magnesium: 9.24mg (2.31%), Vitamin K: 2.16µg (2.06%), Zinc: 0.31mg (2.05%), Vitamin B12: 0.11µg (1.91%), Copper: 0.04mg (1.83%), Vitamin B6: 0.03mg (1.74%)