



Gluten-Free Key Lime Yogurt Pie

 Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



505 kcal

Ingredients

- ☐ 5 tablespoons butter cold
- ☐ 3 tablespoons water
- ☐ 2 tablespoons water cold
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1.5 teaspoons gelatin powder unflavored
- ☐ 4 oz cream cheese softened (half of 8-oz package)
- ☐ 18 oz creamy peanut butter light thick yoplait®
- ☐ 0.5 cup cool whip frozen thawed
- ☐ 2 teaspoons lime zest grated

- ☐ 1 serving non-dairy whipped topping
- ☐ 1 serving lime zest grated
- ☐ 1 cup frangelico gluten free

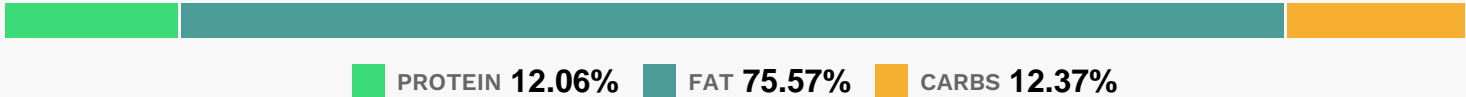
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ hand mixer

Directions

- ☐ Heat oven to 425°F. Grease 9-inch glass pie plate with shortening or cooking spray. In medium bowl, place Bisquick mix.
- ☐ Cut in butter with pastry blender or fork (or pulling 2 table knives through mixture in opposite directions), until mixture looks like fine crumbs. Stir in water; shape into ball with hands. Press dough in bottom and up side of pie plate.
- ☐ Bake 10 to 12 minutes or until lightly browned. Cool completely, about 30 minutes.
- ☐ In 1-quart saucepan, mix 2 tablespoons cold water and the lime juice.
- ☐ Sprinkle gelatin on lime juice mixture; let stand 1 minute.
- ☐ Heat over low heat, stirring constantly, until gelatin is dissolved. Cool slightly, about 2 minutes.
- ☐ In medium bowl, beat cream cheese with electric mixer on medium speed until smooth.
- ☐ Add yogurt and lime juice mixture; beat on low speed until well blended.
- ☐ Fold in whipped topping and lime peel.
- ☐ Pour into crust. Refrigerate until set, about 2 hours.
- ☐ Garnish with whipped topping and grated lime peel. Cover and refrigerate any remaining pie.

Nutrition Facts



Properties

Glycemic Index:19.38, Glycemic Load:1.79, Inflammation Score:-6, Nutrition Score:13.753913164139%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 504.57kcal (25.23%), Fat: 44.88g (69.04%), Saturated Fat: 14g (87.51%), Carbohydrates: 16.54g (5.51%), Net Carbohydrates: 13.43g (4.89%), Sugar: 8.16g (9.07%), Cholesterol: 33.89mg (11.3%), Sodium: 380.18mg (16.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.11g (32.22%), Manganese: 0.94mg (46.89%), Vitamin B3: 8.52mg (42.61%), Vitamin E: 6.15mg (40.99%), Magnesium: 110.11mg (27.53%), Phosphorus: 237.77mg (23.78%), Vitamin B6: 0.3mg (14.92%), Copper: 0.29mg (14.5%), Folate: 57.67µg (14.42%), Fiber: 3.11g (12.42%), Zinc: 1.72mg (11.45%), Vitamin B2: 0.19mg (11.12%), Potassium: 389.15mg (11.12%), Vitamin A: 418.9IU (8.38%), Vitamin B5: 0.77mg (7.71%), Vitamin B1: 0.1mg (6.64%), Iron: 1.14mg (6.31%), Selenium: 4.38µg (6.25%), Calcium: 53.73mg (5.37%), Vitamin B12: 0.12µg (1.94%), Vitamin K: 1.15µg (1.09%)