



"Greek" Key Lime Pie

READY IN



45 min.

SERVINGS



10

CALORIES



952 kcal

Ingredients

- 5 egg yolk
- 9 inch graham cracker crust prepared
- 1 cup greek yogurt dannon®
- 0.3 cup juice of lime freshly squeezed
- 1 tablespoon lime zest
- 14 ounce condensed milk sweetened low-fat canned
- 10 servings whipped cream low-fat for topping

Equipment

- oven

whisk

Directions

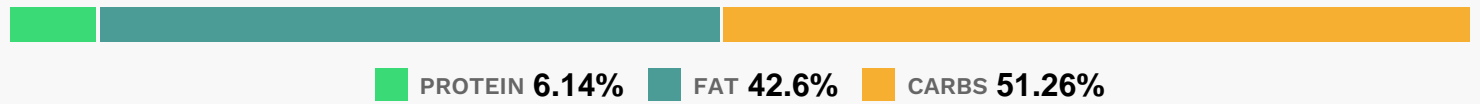
Preheat oven to 350 degrees.

Blend or whisk together the egg yolks, Dannon® Oikos Greek yogurt, condensed milk, lime juice and zest.

Pour filling into graham cracker crust, and bake for 15 to 18 minutes until set.

Cool in refrigerator for at least one hour before topping with whipped cream and a slice of lime.

Nutrition Facts



Properties

Glycemic Index:14.8, Glycemic Load:13.6, Inflammation Score:-5, Nutrition Score:20.828260857126%

Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg 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: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 952.23kcal (47.61%), Fat: 45.19g (69.53%), Saturated Fat: 11.54g (72.13%), Carbohydrates: 122.34g (40.78%), Net Carbohydrates: 119.39g (43.42%), Sugar: 50.58g (56.2%), Cholesterol: 116.25mg (38.75%), Sodium: 783.17mg (34.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.65g (29.31%), Manganese: 1.98mg (98.97%), Vitamin B2: 0.6mg (35.27%), Phosphorus: 348.02mg (34.8%), Vitamin K: 33.81µg (32.2%), Folate: 119.19µg (29.8%), Vitamin B3: 5.07mg (25.34%), Selenium: 16.96µg (24.23%), Iron: 4.33mg (24.03%), Vitamin B1: 0.34mg (22.76%), Vitamin E: 3.18mg (21.21%), Calcium: 198mg (19.8%), Copper: 0.36mg (18%), Zinc: 2.63mg (17.51%), Magnesium: 49.34mg (12.33%), Fiber: 2.95g (11.79%), Potassium: 374.66mg (10.7%), Vitamin B5: 0.93mg (9.32%), Vitamin B6: 0.19mg (9.29%), Vitamin B12: 0.51µg (8.46%), Vitamin A: 282.51IU (5.65%), Vitamin D: 0.59µg (3.93%), Vitamin C: 3.02mg (3.66%)