



Individual Key Lime Pies

 Vegetarian

READY IN



150 min.

SERVINGS



12

CALORIES



589 kcal

DESSERT

Ingredients

- 14 eggs
- 12 graham crackers whole
- 1 cup juice of lime
- 12 servings lime zest for garnish
- 0.5 cup powdered sugar
- 0.3 cup sugar
- 2 cups sugar
- 0.3 cup butter unsalted melted

- 2 sticks butter unsalted
- 1.5 cups whipping cream

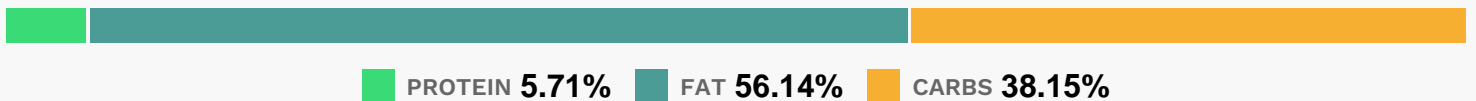
Equipment

- food processor
- sauce pan
- sieve

Directions

- Watch how to make this recipe.
- Combine the lime juice, sugar and butter in a medium saucepan and cook on a low flame until the butter melts. Beat the eggs, add to the saucepan and stir until combined. Bring to a simmer. Stir constantly and cook until the mixture is a thick and creamy consistency, 5 to 7 minutes. Pass through a mesh strainer. Chill for 2 hours in the fridge.
- Add the sugar and graham crackers to a food processor.
- Pour in the melted butter and pulse to combine.
- For the topping: Whip the cream with the sugar until stiff.
- To assemble, layer the crumb mixture into the bottom of a serving cup, followed by the lime curd. Top with the whipped cream mixture and garnish with lime zest.

Nutrition Facts



Properties

Glycemic Index:20.52, Glycemic Load:34.72, Inflammation Score:-6, Nutrition Score:8.6434781862342%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 2.24mg, Hesperetin: 2.24mg, Hesperetin: 2.24mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 588.68kcal (29.43%), Fat: 37.55g (57.77%), Saturated Fat: 21.58g (134.89%), Carbohydrates: 57.42g (19.14%), Net Carbohydrates: 56.84g (20.67%), Sugar: 48.35g (53.73%), Cholesterol: 278.63mg (92.88%), Sodium: 176.86mg (7.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.6g (17.19%), Vitamin A: 1353.33IU (27.07%), Selenium: 17.19µg (24.56%), Vitamin B2: 0.34mg (20.25%), Phosphorus: 156.21mg (15.62%), Vitamin D: 1.88µg (12.53%), Vitamin E: 1.44mg (9.62%), Vitamin B5: 0.92mg (9.17%), Vitamin B12: 0.55µg (9.12%), Iron: 1.56mg (8.66%), Folate: 34.61µg (8.65%), Vitamin C: 6.52mg (7.9%), Zinc: 1.05mg (7%), Calcium: 69.07mg (6.91%), Vitamin B6: 0.12mg (6.03%), Magnesium: 18.68mg (4.67%), Potassium: 155.41mg (4.44%), Vitamin B1: 0.06mg (4.33%), Vitamin B3: 0.63mg (3.14%), Copper: 0.06mg (2.88%), Vitamin K: 2.99µg (2.85%), Fiber: 0.58g (2.34%), Manganese: 0.02mg (1.06%)