



## Key Lime Bars

READY IN



260 min.

SERVINGS



36

CALORIES



89 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1.5 cups cookie crumbs (17 cookies)
- 3 tablespoons butter melted
- 8 ounces cream cheese softened
- 14 ounces condensed milk sweetened canned
- 0.3 cup juice of lime
- 1 tablespoon lime zest grated
- 1 serving strawberries

## Equipment

- bowl
- frying pan
- oven
- hand mixer

## Directions

- Heat oven to 350°F. Grease square pan, 9x9x2 inches.
- Mix cookie crumbs and butter thoroughly with fork. Press evenly in bottom of pan. Refrigerate while preparing cream cheese mixture.
- Beat cream cheese in small bowl with electric mixer on medium speed until light and fluffy. Gradually beat in milk until smooth. Beat in lime juice and lime peel.
- Spread over layer in pan.
- Bake about 35 minutes or until center is set. Cool 30 minutes. Cover loosely and refrigerate at least 3 hours until chilled. For 36 bars, cut into 6 rows by 6 rows.
- Garnish with lime peel. Store covered in refrigerator.

## Nutrition Facts

■ PROTEIN **6.75%** ■ FAT **51.38%** ■ CARBS **41.87%**

## Properties

Glycemic Index:6.22, Glycemic Load:5.51, Inflammation Score:-1, Nutrition Score:1.759565214748%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.99mg, Pelargonidin: 0.99mg, Pelargonidin: 0.99mg, Pelargonidin: 0.99mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 88.99kcal (4.45%), Fat: 5.17g (7.95%), Saturated Fat: 2.41g (15.07%), Carbohydrates: 9.48g (3.16%), Net Carbohydrates: 9.33g (3.39%), Sugar: 7.36g (8.18%), Cholesterol: 10.11mg (3.37%), Sodium: 59.57mg (2.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.53g (3.06%), Vitamin B2: 0.08mg (4.41%), Calcium: 39.24mg (3.92%), Phosphorus: 38.88mg (3.89%), Vitamin C: 3.19mg (3.87%), Selenium: 2.45µg (3.5%), Vitamin A: 160.76IU (3.22%), Vitamin B1: 0.03mg (1.84%), Potassium: 61.63mg (1.76%), Manganese: 0.03mg (1.75%), Folate: 6.31µg (1.58%), Vitamin E: 0.23mg (1.5%), Vitamin B5: 0.14mg (1.4%), Magnesium: 4.72mg (1.18%), Zinc: 0.16mg (1.08%), Vitamin B12: 0.06µg (1.06%)