



Key Lime Bars

READY IN



260 min.

SERVINGS



36

CALORIES



134 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

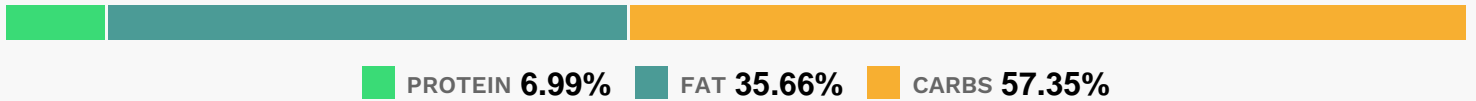
Equipment

- bowl
- frying pan
- oven
- hand mixer

Directions

- Heat oven to 350F. 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



Properties

Glycemic Index:6.22, Glycemic Load:8.69, Inflammation Score:-6, Nutrition Score:9.822608695082%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg 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: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg

0.39mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 133.79kcal (6.69%), Fat: 5.59g (8.6%), Saturated Fat: 2.43g (15.2%), Carbohydrates: 20.23g (6.74%), Net Carbohydrates: 17.29g (6.29%), Sugar: 14.21g (15.79%), Cholesterol: 10.11mg (3.37%), Sodium: 60.97mg (2.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.47g (4.93%), Vitamin C: 85.51mg (103.65%), Manganese: 0.58mg (28.77%), Fiber: 2.95g (11.78%), Folate: 39.91µg (9.98%), Potassium: 275.83mg (7.88%), Phosphorus: 72.48mg (7.25%), Vitamin B2: 0.11mg (6.23%), Calcium: 61.64mg (6.16%), Magnesium: 22.92mg (5.73%), Selenium: 3.01µg (4.3%), Vitamin E: 0.63mg (4.21%), Iron: 0.75mg (4.14%), Vitamin B1: 0.06mg (4.08%), Vitamin B6: 0.08mg (4.03%), Copper: 0.08mg (3.81%), Vitamin K: 3.84µg (3.65%), Vitamin B3: 0.72mg (3.62%), Vitamin A: 177.56IU (3.55%), Vitamin B5: 0.31mg (3.15%), Zinc: 0.36mg (2.39%), Vitamin B12: 0.06µg (1.06%)