



## Key Lime Bars with Macadamia Crust

READY IN



45 min.

SERVINGS



24

CALORIES



271 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.5 cup firmly brown sugar light packed
- ☐ 6 tablespoons butter cubed
- ☐ 2 cups flour all-purpose
- ☐ 1 envelope gelatin powder unflavored
- ☐ 0.5 cup key lime juice
- ☐ 2 tablespoons key lime juice
- ☐ 1 teaspoon lime rind grated
- ☐ 24 servings garnish: lime rind grated
- ☐ 0.7 cup macadamias chopped

- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 2.5 cups whipping cream

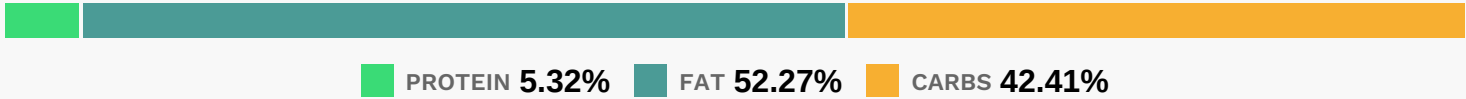
## Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ aluminum foil

## Directions

- ☐ Process flour and next 4 ingredients in a food processor until finely ground. Press mixture into a greased aluminum foil-lined 13- x 9-inch pan.
- ☐ Bake at 350 for 20 minutes or until golden. Cool on a wire rack.
- ☐ Heat 3/4 cup sugar and 1/2 cup lime juice over low heat, stirring until sugar dissolves.
- ☐ Remove from heat, and set aside.
- ☐ Sprinkle gelatin over 2 tablespoons lime juice in a medium bowl; stir gelatin mixture, and let stand 3 to 5 minutes.
- ☐ Add hot mixture, stirring until gelatin dissolves.
- ☐ Whisk in sweetened condensed milk and grated lime rind.
- ☐ Place bowl in a larger bowl filled with ice; whisk mixture 10 minutes or until partially set.
- ☐ Fold in whipped cream.
- ☐ Pour evenly over prepared crust; cover and chill 8 hours.
- ☐ Cut into diamond shapes.
- ☐ Garnish, if desired.

# Nutrition Facts



## Properties

Glycemic Index:13.75, Glycemic Load:15.65, Inflammation Score:-4, Nutrition Score:4.890869565632%

## Flavonoids

Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 1.03mg, Hesperetin: 1.03mg, Hesperetin: 1.03mg, Hesperetin: 1.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 271.47kcal (13.57%), Fat: 16.18g (24.89%), Saturated Fat: 8.88g (55.47%), Carbohydrates: 29.53g (9.84%), Net Carbohydrates: 28.87g (10.5%), Sugar: 20.73g (23.03%), Cholesterol: 41.16mg (13.72%), Sodium: 101.11mg (4.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.7g (7.4%), Manganese: 0.23mg (11.54%), Vitamin B2: 0.18mg (10.42%), Selenium: 7.11µg (10.16%), Vitamin A: 499.74IU (9.99%), Vitamin B1: 0.15mg (9.88%), Phosphorus: 76.68mg (7.67%), Calcium: 74.19mg (7.42%), Folate: 23.24µg (5.81%), Iron: 0.73mg (4.05%), Vitamin B3: 0.78mg (3.88%), Potassium: 125.33mg (3.58%), Magnesium: 14.28mg (3.57%), Vitamin C: 2.83mg (3.43%), Copper: 0.06mg (2.98%), Vitamin D: 0.43µg (2.86%), Vitamin B5: 0.28mg (2.81%), Fiber: 0.66g (2.63%), Vitamin E: 0.38mg (2.52%), Zinc: 0.35mg (2.32%), Vitamin B12: 0.12µg (1.97%), Vitamin B6: 0.04mg (1.84%), Vitamin K: 1.21µg (1.16%)