Key Lime Cheesecake Pie

READY IN	SERVINGS	CALORIES
505 min.	10	495 kcal

DESSERT

Ingredients

- [ ] 0.3 cup butter melted ()
- [ ] 1.3 cups coconut bar cookies crushed finely
- [ ] 16 oz philadelphia cream cheese softened
- [ ] 0.3 cup juice of lime
- [ ] 0.5 tsp lime zest
- [ ] 3 Tbsp sugar
- [ ] 14 oz condensed milk sweetened canned

Equipment

- [ ] oven
- [ ] blender

Directions

- [ ] Heat oven to 350F.
- [ ] Mix crumbs, butter and sugar; press onto bottom and up side of 9-inch pie plate.
- [ ] Bake 10 min.; cool.
- [ ] Beat cream cheese and milk with mixer until blended.
- [ ] Add zest and juice; mix well.
- [ ] Pour into crust.
- [ ] Refrigerate 8 hours.

Nutrition Facts

PROTEIN **6.06%** FAT **56.27%** CARBS **37.67%**

Properties

Glycemic Index:25.41, Glycemic Load:28.19, Inflammation Score:-6, Nutrition Score:7.8569565389467%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.77mg, Hesperetin: 0.77mg, Hesperetin: 0.77mg, Hesperetin: 0.77mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 494.88kcal (24.74%), Fat: 31.39g (48.29%), Saturated Fat: 14.69g (91.78%), Carbohydrates: 47.29g (15.76%), Net Carbohydrates: 46.87g (17.04%), Sugar: 33.42g (37.13%), Cholesterol: 59.31mg (19.77%), Sodium: 350.94mg (15.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.6g (15.21%), Vitamin B2: 0.37mg (21.55%), Vitamin A: 947.66IU (18.95%), Phosphorus: 170.92mg (17.09%), Selenium: 11.64µg (16.63%), Calcium: 163.46mg (16.35%), Vitamin B1: 0.15mg (10.21%), Vitamin E: 1.37mg (9.13%), Folate: 33.27µg (8.32%), Potassium: 245.14mg (7%), Manganese: 0.14mg (6.78%), Vitamin B5: 0.66mg (6.6%), Iron: 1.02mg (5.65%), Vitamin B3: 1.11mg (5.54%), Zinc: 0.75mg (5.01%), Magnesium: 19.36mg (4.84%), Vitamin B12: 0.28µg (4.67%), Vitamin K: 4.49µg (4.28%), Vitamin C: 3.49mg (4.23%), Vitamin B6: 0.07mg (3.51%), Copper: 0.04mg (2.16%), Fiber: 0.42g (1.68%)