

Key Lime Cream Pie

READY IN



45 min.

SERVINGS



10

CALORIES



241 kcal

Ingredients

- 3 eggs beaten
- 0.5 cup juice of lime
- 1 teaspoon lime zest grated
- 1 9-inch pie crust dough ()
- 14 ounce condensed milk sweetened canned

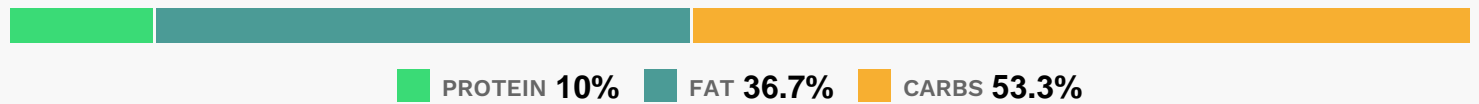
Equipment

- oven
- mixing bowl
- hand mixer

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a medium mixing bowl, combine eggs, condensed milk, lime juice, and lime rind. Beat on medium speed with electric mixer for about 1 minute or until mixture is thoroughly blended.
- Pour into baked pastry shell.
- Bake in preheated oven for 30 to 35 minutes, until center is set. Cool on a rack for 15 minutes, then chill at least 2 hours before serving.
- Garnish with whipped cream if desired. Immediately refrigerate any leftovers. Do not store for longer than 3 days.

Nutrition Facts



Properties

Glycemic Index:9.3, Glycemic Load:13.18, Inflammation Score:-2, Nutrition Score:5.6934782422107%

Flavonoids

Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 1.17mg, Hesperetin: 1.17mg, Hesperetin: 1.17mg, Hesperetin: 1.17mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 240.76kcal (12.04%), Fat: 9.93g (15.28%), Saturated Fat: 4.22g (26.41%), Carbohydrates: 32.45g (10.82%), Net Carbohydrates: 31.9g (11.6%), Sugar: 21.85g (24.28%), Cholesterol: 62.6mg (20.87%), Sodium: 151.2mg (6.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.09g (12.17%), Selenium: 11.08µg (15.83%), Vitamin B2: 0.26mg (15.37%), Phosphorus: 142.68mg (14.27%), Calcium: 125.67mg (12.57%), Vitamin B1: 0.1mg (6.61%), Folate: 25.8µg (6.45%), Vitamin B5: 0.6mg (5.96%), Vitamin C: 4.72mg (5.72%), Potassium: 199.22mg (5.69%), Vitamin B12: 0.29µg (4.87%), Manganese: 0.1mg (4.83%), Iron: 0.84mg (4.66%), Zinc: 0.64mg (4.29%), Magnesium: 15.88mg (3.97%), Vitamin A: 183.6IU (3.67%), Vitamin B3: 0.65mg (3.25%), Vitamin B6: 0.06mg (2.87%), Vitamin D: 0.34µg (2.29%), Fiber: 0.55g (2.22%), Vitamin E: 0.32mg (2.14%), Vitamin K: 1.81µg (1.73%), Copper: 0.03mg (1.69%)