



Key Lime Dessert with Raspberry Sauce

READY IN



405 min.

SERVINGS



24

CALORIES



320 kcal

Ingredients

- ☐ 6 oz gelatin mix
- ☐ 2 cups water boiling
- ☐ 1 cup juice of lime
- ☐ 28 oz condensed milk sweetened canned (not evaporated)
- ☐ 2 cups whipping cream
- ☐ 45 graham cracker squares
- ☐ 2 tablespoons juice of lime
- ☐ 2 tablespoons water
- ☐ 18 oz raspberry jam seedless ()
- ☐ 2 tablespoons water

- ☐ 1 serving raspberries fresh
- ☐ 1 serving mint leaves fresh grated

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ hand mixer
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ In very large bowl, combine gelatin and boiling water; stir 2 to 3 minutes or until dissolved.
- ☐ Add 1 cup lime juice and the sweetened condensed milk; beat with electric mixer on medium speed until smooth. Set aside.
- ☐ In medium bowl, beat whipping cream until stiff peaks form. Gently fold whipped cream into gelatin mixture just until combined.
- ☐ Grease 13x9-inch pan. Arrange 5 cracker squares down length of greased pan; repeat forming 2 additional rows and using a total of 15 cracker squares to cover bottom of pan. Set aside.
- ☐ In small bowl, combine 2 tablespoons lime juice and 2 tablespoons water.
- ☐ Brush juice mixture onto each cracker square in pan just until moistened. Carefully pour 3 1/3 cups filling over cracker crust; spread evenly. Repeat cracker and filling layers 2 times. Gently tap pan on hard surface and push down any crackers that are close to surface. Cover with foil; refrigerate at least 6 hours or overnight.
- ☐ Meanwhile, in medium microwave-safe bowl, mix jam and 2 tablespoons water. Microwave on Medium for about 30 seconds or until jam is melted, stirring twice. Cover; refrigerate until serving time.
- ☐ Cut dessert into squares. Spoon 1 tablespoon raspberry sauce onto each individual dessert plate.
- ☐ Place dessert squares on plates.
- ☐ Garnish with raspberries and lime peel. Store in refrigerator.

Nutrition Facts

 **PROTEIN 5.91%**  **FAT 31.52%**  **CARBS 62.57%**

Properties

Glycemic Index:9, Glycemic Load:26.01, Inflammation Score:-3, Nutrition Score:5.1178260782491%

Flavonoids

Cyanidin: 1.14mg, Cyanidin: 1.14mg, Cyanidin: 1.14mg, Cyanidin: 1.14mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 319.53kcal (15.98%), Fat: 11.39g (17.52%), Saturated Fat: 6.59g (41.16%), Carbohydrates: 50.88g (16.96%), Net Carbohydrates: 49.99g (18.18%), Sugar: 38.3g (42.56%), Cholesterol: 33.66mg (11.22%), Sodium: 175.06mg (7.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.81g (9.62%), Phosphorus: 138.07mg (13.81%), Vitamin B2: 0.23mg (13.42%), Calcium: 124.83mg (12.48%), Selenium: 6.41µg (9.15%), Vitamin C: 6.92mg (8.39%), Vitamin A: 388.12IU (7.76%), Potassium: 198.92mg (5.68%), Magnesium: 20.44mg (5.11%), Vitamin B1: 0.07mg (4.73%), Zinc: 0.65mg (4.33%), Iron: 0.77mg (4.27%), Folate: 14.73µg (3.68%), Fiber: 0.89g (3.57%), Vitamin B5: 0.33mg (3.26%), Vitamin B3: 0.62mg (3.09%), Vitamin B12: 0.18µg (2.95%), Vitamin D: 0.38µg (2.56%), Copper: 0.05mg (2.49%), Vitamin B6: 0.05mg (2.35%), Vitamin E: 0.31mg (2.05%), Manganese: 0.03mg (1.54%), Vitamin K: 1.1µg (1.04%)