



Key Lime Ice-Cream Pie

READY IN



45 min.

SERVINGS



10

CALORIES



588 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 0.1 teaspoon coconut extract
- ☐ 8.8 oz gourmet cookies crisp (such as Lotus Biscoff)
- ☐ 10 servings avocado-key lime pie ice cream
- ☐ 10 oz lemon curd
- ☐ 1 slices macadamia nuts toasted
- ☐ 0.3 cup powdered sugar
- ☐ 2 cups whipping cream

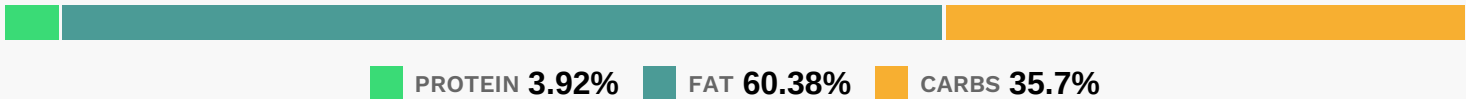
Equipment

- ☐ food processor
- ☐ hand mixer

Directions

- ☐ THE CRUST: Process cookies in a food processor until finely ground. Stir together crumbs and melted butter. Press on bottom and up sides of a lightly greased 9-inch pie plate. Freeze 30 minutes or until set.
- ☐ Spread half of lemon curd on bottom of crust, and freeze 10 minutes.
- ☐ Spread half of Avocado-Key Lime Pie Ice Cream over lemon curd; freeze 15 minutes. Repeat layers with remaining lemon curd and ice cream, freezing as directed above after each layer.
- ☐ THE TOPPING: Beat whipping cream, powdered sugar, and coconut extract at medium speed with an electric mixer until soft peaks form; spread over top of pie. Top with macadamia nuts, toasted coconut curls, and Key lime slices.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:19.2, Inflammation Score:-6, Nutrition Score:6.9173912924269%

Nutrients (% of daily need)

Calories: 588.48kcal (29.42%), Fat: 39.8g (61.23%), Saturated Fat: 23.02g (143.9%), Carbohydrates: 52.96g (17.65%), Net Carbohydrates: 52.11g (18.95%), Sugar: 40.73g (45.26%), Cholesterol: 99.1mg (33.03%), Sodium: 287.49mg (12.5%), Alcohol: 0.02g (100%), Alcohol %: 0.02% (100%), Protein: 5.81g (11.62%), Vitamin A: 1188.13IU (23.76%), Vitamin B2: 0.33mg (19.39%), Calcium: 121.08mg (12.11%), Phosphorus: 115.38mg (11.54%), Vitamin E: 1.42mg (9.47%), Vitamin B1: 0.13mg (8.42%), Folate: 25.65µg (6.41%), Selenium: 4.26µg (6.09%), Vitamin D: 0.89µg (5.96%), Vitamin B5: 0.59mg (5.89%), Manganese: 0.12mg (5.85%), Vitamin B12: 0.35µg (5.77%), Potassium: 200.85mg (5.74%), Vitamin K: 5µg (4.76%), Iron: 0.86mg (4.76%), Zinc: 0.7mg (4.67%), Vitamin B3: 0.93mg (4.66%), Magnesium: 16.35mg (4.09%), Fiber: 0.85g (3.41%), Vitamin B6: 0.07mg (3.33%), Copper: 0.04mg (2.19%)