



Key Lime Ice Cream Pie

 Vegetarian

READY IN



50 min.

SERVINGS



8

CALORIES



587 kcal

DESSERT

Ingredients

- ☐ 0.3 cup plus light
- ☐ 8 large egg yolks
- ☐ 1.3 cups graham cracker crumbs
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1.7 cups heavy cream
- ☐ 1 slices garnishes: key lime whipped cream sweetened
- ☐ 1.3 cups key lime juice fresh
- ☐ 1 teaspoon lime zest

- ☐ 1 pinch nutmeg freshly grated
- ☐ 0.3 cup sugar
- ☐ 1.7 cups sugar divided
- ☐ 5 tablespoons butter unsalted melted
- ☐ 1 vanilla pod split
- ☐ 1 cup milk whole

Equipment

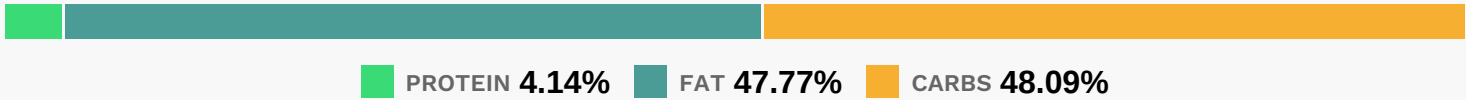
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ ice cream machine

Directions

- ☐ Combine 1 cup sugar and next 3 ingredients in a large saucepan. Scrape seeds from vanilla bean; add seeds and bean to milk mixture. Bring to a boil over high heat. Immediately remove from heat, and let stand 30 minutes.
- ☐ Remove and discard vanilla bean.
- ☐ Combine graham cracker crumbs and next 4 ingredients in a medium bowl, tossing until well blended. Press crumbs into a 9-inch glass or ceramic pie plate to form an even crust.
- ☐ Bake at 350 for 8 minutes or until firm to the touch; cool completely, and set aside.
- ☐ Beat egg yolks in a large bowl. Slowly whisk 1 cup warm cream mixture into egg yolks.
- ☐ Add egg mixture to remaining cream mixture, whisking constantly.
- ☐ Cook cream mixture over medium heat, whisking constantly, 5 minutes or until mixture reaches 160 and coats the back of a spoon.
- ☐ Remove from heat; pour through a fine wire-mesh strainer into a bowl. Cool custard completely, stirring occasionally.

- ☐
- Combine remaining 2/3 cup sugar and Key lime zest and juice in a bowl, stirring until sugar dissolves. Stir lime juice mixture into cooled custard.
- ☐
- Transfer custard to an ice cream maker, and process according to manufacturer's directions.
- ☐
- Mound ice cream into prepared crust. Freeze pie 4 hours or overnight.
- ☐
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:54.15, Glycemic Load:42.66, Inflammation Score:-6, Nutrition Score:8.6013043963391%

Flavonoids

Eriodictyol: 0.83mg, Eriodictyol: 0.83mg, Eriodictyol: 0.83mg, Eriodictyol: 0.83mg Hesperetin: 3.5mg, Hesperetin: 3.5mg, Hesperetin: 3.5mg, Hesperetin: 3.5mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 586.78kcal (29.34%), Fat: 32.16g (49.48%), Saturated Fat: 18.35g (114.67%), Carbohydrates: 72.85g (24.28%), Net Carbohydrates: 72.19g (26.25%), Sugar: 62.73g (69.7%), Cholesterol: 262.2mg (87.4%), Sodium: 128.48mg (5.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.28g (12.56%), Vitamin A: 1262.29IU (25.25%), Selenium: 12.08µg (17.26%), Vitamin B2: 0.27mg (16.15%), Phosphorus: 160.23mg (16.02%), Vitamin D: 2.18µg (14.52%), Vitamin C: 11.72mg (14.21%), Calcium: 112.86mg (11.29%), Vitamin B12: 0.59µg (9.85%), Folate: 37.01µg (9.25%), Vitamin B5: 0.81mg (8.06%), Vitamin E: 1.2mg (7.99%), Vitamin B1: 0.1mg (6.91%), Zinc: 0.98mg (6.56%), Iron: 1.13mg (6.26%), Vitamin B6: 0.12mg (6.18%), Potassium: 183.17mg (5.23%), Magnesium: 19.33mg (4.83%), Vitamin B3: 0.62mg (3.12%), Fiber: 0.66g (2.65%), Vitamin K: 2.66µg (2.53%), Copper: 0.04mg (1.97%), Manganese: 0.03mg (1.74%)