



## Key Lime Mousse Pie

READY IN



1535 min.

SERVINGS



16

CALORIES



562 kcal

DESSERT

## Ingredients

- 0.5 cup butter melted (1 stick)
- 1.5 ounces into curls white grated shaved for garnish
- 24 ounce cream cheese softened
- 1 envelope gelatin powder unflavored
- 2 cups graham crackers crushed
- 2.5 cups heavy cream divided
- 6 tablespoons key lime juice fresh
- 1.5 tablespoons lime zest
- 4 limes sliced into strips

- 0.3 cup sugar
- 1 cup sugar
- 2 cups sugar plus more for rolling
- 2 cups water
- 1 ounce chocolate white chopped

## Equipment

- bowl
- frying pan
- sauce pan
- knife
- whisk
- hand mixer
- springform pan

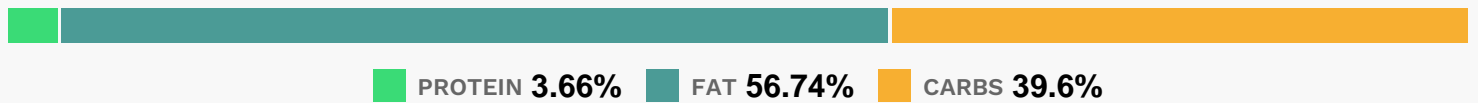
## Directions

- Mix together the cracker crumbs, sugar, and butter. Press the mixture into the bottom and 1-inch up the sides of a 10-inch springform pan. Set aside.
- Filling: In a medium saucepan over medium heat, add the lime juice.
- Whisk in the gelatin and 1/2 cup of the heavy cream and bring to a simmer.
- Remove the pan from the heat.
- Add 10 ounces of white chocolate and stir until smooth. Allow to cool.
- Using an electric mixer, blend together the cream cheese, sugar and lime zest in a medium bowl, until smooth. Slowly beat in the cooled white chocolate mixture into cream cheese mixture.
- Using clean, dry beaters, beat the remaining 2-cups heavy cream in a small bowl, until it forms soft peaks. Fold it into the white chocolate mixture and pour into the pie crust. Cover and freeze overnight.
- Remove from freezer and run a sharp knife around inside of springform pan to help loosen the pie. Release springform ring from the bottom of the pan and transfer the pie to a serving

plate. Grate or curl the white chocolate over the top and garnish with candied lime peel.

- Cut into wedges with a knife that has been dipped into hot water and serve;
- Bring a medium-sized saucepan of water to a boil over medium heat.
- Add the peels in and blanch them for a few minutes. Set aside.
- Put the peels in another medium saucepan and cover with equal parts of sugar and water. Simmer, covered, over low heat for 1 hour.
- Remove the peels and drain until almost dry.
- Roll into sugar and set aside.

## Nutrition Facts



## Properties

Glycemic Index:35.33, Glycemic Load:37.31, Inflammation Score:-6, Nutrition Score:5.7004347780476%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 7.95mg, Hesperetin: 7.95mg, Hesperetin: 7.95mg, Hesperetin: 7.95mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 562.18kcal (28.11%), Fat: 36.52g (56.19%), Saturated Fat: 21.83g (136.43%), Carbohydrates: 57.36g (19.12%), Net Carbohydrates: 56.46g (20.53%), Sugar: 48.82g (54.25%), Cholesterol: 101.15mg (33.72%), Sodium: 270.51mg (11.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.3g (10.59%), Vitamin A: 1307.83IU (26.16%), Vitamin B2: 0.22mg (13.1%), Phosphorus: 103.37mg (10.34%), Calcium: 93.23mg (9.32%), Vitamin C: 6.97mg (8.45%), Selenium: 5.53µg (7.91%), Vitamin E: 0.97mg (6.44%), Potassium: 150.87mg (4.31%), Vitamin B5: 0.42mg (4.17%), Vitamin D: 0.6µg (3.97%), Zinc: 0.59mg (3.94%), Magnesium: 15.62mg (3.91%), Iron: 0.69mg (3.86%), Fiber: 0.9g (3.59%), Vitamin B1: 0.05mg (3.51%), Folate: 13.09µg (3.27%), Vitamin B12: 0.19µg (3.17%), Vitamin B6: 0.06mg (3.02%), Vitamin K: 3.12µg (2.97%), Vitamin B3: 0.57mg (2.83%), Copper: 0.05mg (2.38%)