



Key Lime Pie

 Vegetarian

READY IN



70 min.

SERVINGS



8

CALORIES



397 kcal

DESSERT

Ingredients

- 3 tablespoons confectioners' sugar
- 3 egg yolks
- 1 paper-wrapped package graham crackers
- 0.7 cup juice of lime freshly squeezed (if you get Key limes, use them: other wise use regular limes)
- 1.5 teaspoons lime zest grated
- 0.3 cup sugar
- 14 ounce condensed milk sweetened canned
- 5 tablespoons butter unsalted melted

- 1 cup whipping cream chilled

Equipment

- food processor
- frying pan
- oven
- whisk
- wire rack
- blender
- hand mixer
- ziploc bags
- rolling pin
- pie form

Directions

- For the graham cracker crust: Preheat the oven to 350 degrees. Butter a 9-inch pie pan. Break up the graham crackers: place in a food processor and process to crumbs. (If you don't have a food processor, place the crackers in a large plastic bag: seal and then crush the crackers with a rolling pin.)
- Add the melted butter and sugar and pulse or stir until combined. Press the mixture into the bottom and sides of the pan, forming a neat border around the edge.
- Bake the crust until set and golden, 8 minutes. Set aside on a wire rack. Leave the oven on.
- For the filling: Meanwhile, in a electric mixer with the wire whisk attachment, beat the egg yolks and lime zest at a high speed until very fluffy, about 5 minutes. Gradually add the condensed milk and continue to beat until thick, 3 or 4 minutes longer. Lower the mixer speed and slowly add the lime juice, mixing just until combined, no longer.
- Pour mixture into the pie crust.
- Bake for 10 minutes, or until the filling has set. Cool on a wire rack, then refrigerate. Freeze for 15 to 20 minutes before serving.
- For the topping: Whip the cream and the confectioners' sugar until nearly stiff.

Cut the pie in wedges and serve very cold, topping each wedge with a large dollop of whipped cream.

Nutrition Facts



PROTEIN 5.95% **FAT 53.1%** **CARBS 40.95%**

Properties

Glycemic Index:29.64, Glycemic Load:22.76, Inflammation Score:-5, Nutrition Score:6.9708695606045%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.97mg, Hesperetin: 1.97mg, Hesperetin: 1.97mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 397.49kcal (19.87%), Fat: 24.07g (37.03%), Saturated Fat: 14.72g (92.01%), Carbohydrates: 41.78g (13.93%), Net Carbohydrates: 41.66g (15.15%), Sugar: 39.7g (44.11%), Cholesterol: 142.2mg (47.4%), Sodium: 81.56mg (3.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.07g (12.13%), Vitamin B2: 0.31mg (18.13%), Vitamin A: 896.06IU (17.92%), Phosphorus: 175.86mg (17.59%), Calcium: 175.09mg (17.51%), Selenium: 12.19µg (17.42%), Vitamin C: 7.63mg (9.25%), Vitamin D: 1.07µg (7.14%), Potassium: 247.53mg (7.07%), Vitamin B12: 0.41µg (6.87%), Vitamin B5: 0.69mg (6.85%), Vitamin E: 0.78mg (5.17%), Zinc: 0.74mg (4.9%), Folate: 19.21µg (4.8%), Vitamin B1: 0.07mg (4.67%), Magnesium: 17.65mg (4.41%), Vitamin B6: 0.07mg (3.42%), Iron: 0.37mg (2.07%), Vitamin K: 2.03µg (1.94%), Copper: 0.02mg (1.2%)