



## Key Lime Pie

 Vegetarian

READY IN



10 min.

SERVINGS



10

CALORIES



400 kcal

DESSERT

## Ingredients

- 4 tablespoons butter melted
- 0.5 cup crème fraîche sour
- 2 large eggs lightly beaten
- 1.3 cups graham cracker crumbs
- 2 tablespoons granulated sugar
- 1.3 cups key lime juice
- 1 slices lime zest grated
- 2 tablespoons powdered sugar

28 ounce condensed milk sweetened canned

## Equipment

oven

whisk

## Directions

Preheat oven to 32

Mix graham cracker crumbs, granulated sugar, and butter with hands; press firmly into a 10-inch pie plate.

Bake at 325 for 15 minutes or until lightly browned.

Remove and let stand 15 minutes.

Whisk together condensed milk, lime juice, and eggs until well blended.

Pour into crust, and bake at 325 for 18 to 20 minutes or until set. Chill at least 4 hours.

Combine crme frache and powdered sugar.

Spread evenly over pie, and garnish, if desired.

Macadamia Key Lime Pie: Substitute 1/4 cup chopped dry roasted macadamia nuts for 1/4 cup graham cracker crumbs, and add to 1 cup crumbs. Proceed as directed.

Sprinkle additional 1/4 cup chopped dry roasted macadamia nuts evenly over topping.

## Nutrition Facts



**PROTEIN 8.52%** **FAT 34.51%** **CARBS 56.97%**

## Properties

Glycemic Index:28.71, Glycemic Load:33.68, Inflammation Score:-4, Nutrition Score:8.7034783052362%

## Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.8mg, Hesperetin: 2.8mg, Hesperetin: 2.8mg, Hesperetin: 2.8mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 399.63kcal (19.98%), Fat: 15.71g (24.17%), Saturated Fat: 8.88g (55.48%), Carbohydrates: 58.35g (19.45%), Net Carbohydrates: 57.86g (21.04%), Sugar: 50.5g (56.12%), Cholesterol: 83.01mg (27.67%), Sodium: 224.44mg (9.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.73g (17.46%), Calcium: 256.63mg (25.66%), Phosphorus: 256.19mg (25.62%), Vitamin B2: 0.43mg (25.16%), Selenium: 15.35µg (21.94%), Vitamin C: 11.3mg (13.7%), Potassium: 378.28mg (10.81%), Vitamin A: 492.76IU (9.86%), Vitamin B5: 0.83mg (8.31%), Magnesium: 31.73mg (7.93%), Vitamin B12: 0.47µg (7.87%), Zinc: 1.15mg (7.64%), Vitamin B1: 0.11mg (7.31%), Folate: 22.16µg (5.54%), Iron: 0.8mg (4.44%), Vitamin B6: 0.08mg (4.22%), Vitamin E: 0.47mg (3.15%), Vitamin B3: 0.63mg (3.14%), Vitamin D: 0.36µg (2.39%), Fiber: 0.48g (1.93%), Copper: 0.03mg (1.65%), Vitamin K: 1.25µg (1.19%)