



Key Lime Pie

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



343 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 4 large egg whites divided
- ☐ 2 large egg yolks
- ☐ 2 large eggs
- ☐ 1.5 cups graham cracker crumbs 10 cookie sheets
- ☐ 0.5 cup juice of lime fresh 6 Key limes
- ☐ 1 teaspoon lime rind grated
- ☐ 0.5 cup sugar

- ☐ 14 ounce condensed milk fat-free sweetened canned
- ☐ 1 tablespoon water
- ☐ 2.5 tablespoons water

Equipment

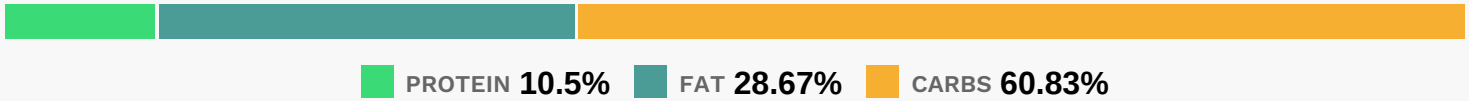
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ broiler
- ☐ candy thermometer

Directions

- ☐ Preheat oven to 350
- ☐ Combine crumbs and melted butter in a bowl.
- ☐ Place 1 egg white in a small bowl; stir well with a whisk until foamy.
- ☐ Add 2 tablespoons egg white to graham cracker mixture, tossing well with a fork to combine. Discard remaining beaten egg white.
- ☐ Add 1 tablespoon water to graham cracker mixture; toss gently to coat. Press into bottom and up sides of a 9-inch pie plate coated with cooking spray. (Moisten fingers, if needed, to bring mixture together.)
- ☐ Bake at 350 for 8 minutes. Cool completely on a wire rack.
- ☐ Place 2 eggs and 2 egg yolks in a bowl; beat with a mixer at medium speed until well blended.
- ☐ Add juice and condensed milk, beating until thick; stir in rind. Spoon mixture into prepared crust.
- ☐ Bake at 350 for 20 minutes or until edges are set (center will not be firm but will set as it chills). Cool completely on a wire rack. Cover loosely, and chill at least 2 hours.

- ☐ Place remaining 3 egg whites in a bowl; beat with a mixer at medium speed until foamy using clean beaters.
- ☐ Combine sugar and 2 1/2 tablespoons water in a small saucepan; bring to a boil. Cook, without stirring, until a candy thermometer registers 25
- ☐ Pour hot sugar syrup in a thin stream over egg whites, beating at high speed 2 minutes or until stiff peaks form.
- ☐ Spread meringue over chilled pie (completely cover pie with meringue).
- ☐ Preheat broiler.
- ☐ Broil pie 1 minute or until meringue is lightly browned.

Nutrition Facts



Properties

Glycemic Index:35.89, Glycemic Load:33.68, Inflammation Score:-3, Nutrition Score:7.6421739173972%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.46mg, Hesperetin: 1.46mg, Hesperetin: 1.46mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 343.25kcal (17.16%), Fat: 11.12g (17.11%), Saturated Fat: 5.57g (34.79%), Carbohydrates: 53.11g (17.7%), Net Carbohydrates: 52.5g (19.09%), Sugar: 43.54g (48.37%), Cholesterol: 116.79mg (38.93%), Sodium: 237.24mg (10.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.17g (18.34%), Selenium: 16.99µg (24.27%), Vitamin B2: 0.4mg (23.65%), Phosphorus: 204.13mg (20.41%), Calcium: 170.34mg (17.03%), Potassium: 279.76mg (7.99%), Vitamin B5: 0.75mg (7.45%), Vitamin B12: 0.43µg (7.22%), Vitamin C: 5.9mg (7.15%), Vitamin A: 356.4IU (7.13%), Zinc: 1.05mg (7.02%), Folate: 27.08µg (6.77%), Magnesium: 27.08mg (6.77%), Vitamin B1: 0.1mg (6.52%), Iron: 1.11mg (6.19%), Vitamin B6: 0.08mg (4.2%), Vitamin D: 0.58µg (3.86%), Vitamin B3: 0.75mg (3.75%), Vitamin E: 0.44mg (2.9%), Fiber: 0.6g (2.41%), Copper: 0.03mg (1.72%)