



Key Lime Pie

READY IN



570 min.

SERVINGS



8

CALORIES



444 kcal

DESSERT

Ingredients

- ☐ 5 tablespoons butter melted
- ☐ 1.5 cups gingersnaps
- ☐ 6 tablespoons juice of lime fresh
- ☐ 1 tablespoon lime zest (halve it if you like a less tart pie)
- ☐ 0.3 cup powdered sugar
- ☐ 0.3 cup cream sour well (lite might not work)
- ☐ 1 can condensed milk sweetened
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 cup whipping cream

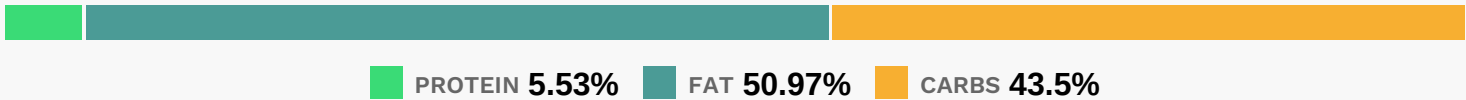
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Mix the crumbs and butter in a large bowl and press into a 9 inch (non-deep dish) or small disposable pie tin.Set the pie shell on a baking sheet and bake for 5 minutes.Meanwhile, whisk together condensed milk, sour cream, lime juice and lime zest.
- ☐ Pour the mixture into the baked pie crust, then return to the oven and bake for 5 to 8 minutes. The filling should not brown. in fact, it won't look like it did anything!
- ☐ Remove from oven and let cool for about an hour at room temperature. Chill for at least 4 hours before serving.At some point during the chill time, prepare the whipped cream. Whip the whipping cream until stiff peaks just start to form, then beat in the sugar and vanilla. Pipe the whipping cream decoratively around the edges.

Nutrition Facts



Properties

Glycemic Index:17.88, Glycemic Load:16.45, Inflammation Score:-5, Nutrition Score:8.1465218689131%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.33mg, Hesperetin: 1.33mg, Hesperetin: 1.33mg, Hesperetin: 1.33mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 443.5kcal (22.17%), Fat: 25.62g (39.42%), Saturated Fat: 15.3g (95.65%), Carbohydrates: 49.2g (16.4%), Net Carbohydrates: 48.67g (17.7%), Sugar: 36.17g (40.18%), Cholesterol: 73.5mg (24.5%), Sodium: 247.32mg (10.75%), Alcohol: 0.09g (100%), Alcohol %: 0.08% (100%), Protein: 6.25g (12.5%), Vitamin B2: 0.34mg (20.1%),

Calcium: 187.78mg (18.78%), Phosphorus: 169.36mg (16.94%), Manganese: 0.34mg (16.82%), Vitamin A: 839.35IU (16.79%), Selenium: 9.69µg (13.84%), Potassium: 310.67mg (8.88%), Iron: 1.5mg (8.35%), Magnesium: 27.2mg (6.8%), Folate: 26.95µg (6.74%), Vitamin B1: 0.1mg (6.52%), Vitamin C: 5.12mg (6.21%), Vitamin B5: 0.58mg (5.77%), Vitamin E: 0.82mg (5.43%), Vitamin B12: 0.3µg (4.92%), Zinc: 0.7mg (4.64%), Vitamin B3: 0.84mg (4.19%), Copper: 0.08mg (4.03%), Vitamin D: 0.57µg (3.83%), Vitamin B6: 0.06mg (3.21%), Vitamin K: 2.57µg (2.45%), Fiber: 0.53g (2.13%)