



## Key Lime Pie

READY IN



45 min.

SERVINGS



8

CALORIES



323 kcal

## Ingredients

- 0.8 cup egg substitute
- 8 oz non-dairy whipped topping fat-free thawed
- 6 oz ready-made graham cracker crust reduced-fat
- 0.5 cup juice of lime fresh
- 2 teaspoons lime rind grated ( 2 limes)
- 8 servings garnishes: lime wedges
- 14 oz condensed milk fat-free sweetened canned

## Equipment

- oven

blender

## Directions

Process first 4 ingredients in a blender until smooth.

Pour mixture into piecrust.

Bake at 350 for 10 to 12 minutes or until golden.

Let pie cool completely, and top with whipped topping.

Garnish, if desired.

## Nutrition Facts



**PROTEIN 9.91%** **FAT 30.02%** **CARBS 60.07%**

## Properties

Glycemic Index:15.63, Glycemic Load:16.5, Inflammation Score:-3, Nutrition Score:9.4569564383963%

## Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 2mg, Hesperetin: 2mg, Hesperetin: 2mg, Hesperetin: 2mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 323.05kcal (16.15%), Fat: 11.02g (16.95%), Saturated Fat: 4.6g (28.76%), Carbohydrates: 49.63g (16.54%), Net Carbohydrates: 49.01g (17.82%), Sugar: 36.1g (40.12%), Cholesterol: 21.4mg (7.13%), Sodium: 228.67mg (9.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.18g (16.37%), Vitamin B2: 0.52mg (30.39%), Selenium: 18.06µg (25.8%), Calcium: 196.72mg (19.67%), Phosphorus: 188.26mg (18.83%), Manganese: 0.28mg (14.04%), Vitamin B12: 0.71µg (11.91%), Vitamin B1: 0.16mg (10.46%), Potassium: 305.85mg (8.74%), Vitamin B5: 0.81mg (8.05%), Vitamin C: 6.38mg (7.73%), Folate: 29.33µg (7.33%), Zinc: 1.05mg (7.03%), Iron: 1.12mg (6.24%), Magnesium: 24.73mg (6.18%), Vitamin E: 0.89mg (5.95%), Vitamin B6: 0.11mg (5.63%), Vitamin K: 5.16µg (4.92%), Vitamin A: 241.22IU (4.82%), Vitamin B3: 0.95mg (4.74%), Copper: 0.07mg (3.51%), Vitamin D: 0.46µg (3.06%), Fiber: 0.62g (2.48%)