



Key Lime Pie

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



357 kcal

DESSERT

Ingredients

- ☐ 4 large eggs (you'll be using 4 yolks and 2 whites)
- ☐ 1.5 cups graham cracker crumbs (use 12 graham rectangles)
- ☐ 0.3 cup granulated sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 cup bottled key lime juice fresh (Nellie & Jack's)
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 6 tablespoons butter unsalted melted

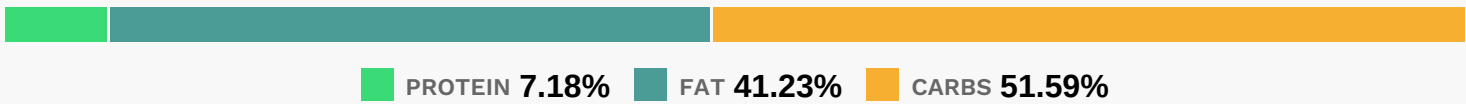
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ pie form

Directions

- ☐ Preheat the oven to 350 degrees F and have ready a 9 inch pie dish.Process the graham crackers to make 1 ½ cup crumbs. In a food processor (or bowl) mix graham crackers, sugar, cinnamon and butter. Press mixture into and up the sides of the 9 inch pie dish.
- ☐ Bake on center rack at 350 for 10 minutes.
- ☐ Remove from oven and let cool for about 30 minutes.Make the filling. Separate the eggs so that you have 4 yolks and 4 whites , but put aside 2 of the whites because you'll only be using 2.Beat the 2 whites until stiff peaks form.
- ☐ Pour the condensed milk into a mixing bowl.
- ☐ Whisk in the egg yolks, then gradually whisk in the Key lime juice. Fold in the 2 beaten egg whites. Empty the mixture into the graham cracker crust.Set pie on a baking sheet and bake on center rack for 20 minutes.
- ☐ Let cool at room temperature for about an hour, then chill for 4 hours or until very cold.Before serving, cover with sweetened whipped cream or pipe it around the edges

Nutrition Facts



Properties

Glycemic Index:26.26, Glycemic Load:29.31, Inflammation Score:-4, Nutrition Score:7.1934783147729%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg,

Naringenin: 0.06mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 357.15kcal (17.86%), Fat: 16.69g (25.68%), Saturated Fat: 9.18g (57.36%), Carbohydrates: 47g (15.67%), Net Carbohydrates: 46.27g (16.83%), Sugar: 37.16g (41.29%), Cholesterol: 131.24mg (43.75%), Sodium: 172.42mg (7.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.54g (13.08%), Phosphorus: 195.28mg (19.53%), Selenium: 12.27µg (17.53%), Vitamin B2: 0.3mg (17.42%), Calcium: 171.51mg (17.15%), Vitamin A: 525.73IU (10.51%), Vitamin C: 5.84mg (7.08%), Potassium: 242.62mg (6.93%), Folate: 26.95µg (6.74%), Vitamin B12: 0.4µg (6.7%), Vitamin B1: 0.1mg (6.66%), Zinc: 0.99mg (6.63%), Vitamin B5: 0.66mg (6.57%), Magnesium: 24.19mg (6.05%), Iron: 1.02mg (5.65%), Vitamin D: 0.72µg (4.77%), Vitamin E: 0.58mg (3.88%), Vitamin B6: 0.08mg (3.86%), Vitamin B3: 0.73mg (3.65%), Fiber: 0.73g (2.91%), Manganese: 0.05mg (2.74%), Copper: 0.03mg (1.29%), Vitamin K: 1.26µg (1.2%)