



Key Lime Pie

READY IN



45 min.

SERVINGS



8

CALORIES



323 kcal

Ingredients

- ☐ 2 large egg whites
- ☐ 2 large eggs
- ☐ 6 ounce graham cracker crust reduced-fat
- ☐ 0.5 cup key lime juice (such as Nellie and Joe's Famous Key West Lime Juice)
- ☐ 1 teaspoon lime rind grated
- ☐ 14 ounce condensed milk fat-free sweetened canned
- ☐ 1.5 cups non-dairy whipped topping frozen thawed reduced-calorie

Equipment

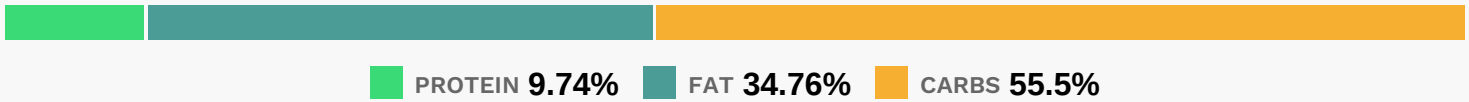
- ☐ oven

- ☐ wire rack
- ☐ blender

Directions

- ☐ Preheat oven to 35
- ☐ Beat eggs and egg whites at medium speed of a mixer until well-blended. Gradually add juice, rind, and milk to egg mixture, beating until well-blended. Spoon mixture into crust, and bake at 350 for 20 minutes or until almost set (the center will not be firm but will set up as it chills). Cool pie on a wire rack. Cover loosely, and chill 4 hours.
- ☐ Spread whipped topping evenly over filling.

Nutrition Facts



Properties

Glycemic Index:11.63, Glycemic Load:16.47, Inflammation Score:-2, Nutrition Score:7.7317391530327%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.46mg, 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: 323.3kcal (16.16%), Fat: 12.65g (19.45%), Saturated Fat: 5.77g (36.05%), Carbohydrates: 45.43g (15.14%), Net Carbohydrates: 44.96g (16.35%), Sugar: 34.52g (38.36%), Cholesterol: 63.65mg (21.22%), Sodium: 205.03mg (8.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.97g (15.94%), Vitamin B2: 0.36mg (21.18%), Selenium: 13.74µg (19.62%), Phosphorus: 188.95mg (18.9%), Calcium: 166.82mg (16.68%), Manganese: 0.28mg (14.19%), Potassium: 270.94mg (7.74%), Vitamin C: 5.9mg (7.15%), Folate: 27.44µg (6.86%), Vitamin B1: 0.1mg (6.38%), Vitamin B5: 0.64mg (6.36%), Zinc: 0.92mg (6.15%), Vitamin B12: 0.37µg (6.08%), Magnesium: 22.41mg (5.6%), Vitamin K: 5.51µg (5.25%), Iron: 0.9mg (5.01%), Vitamin E: 0.71mg (4.72%), Vitamin A: 218.27IU (4.37%), Vitamin B3: 0.84mg (4.21%), Vitamin B6: 0.07mg (3.59%), Copper: 0.07mg (3.57%), Vitamin D: 0.35µg (2.33%), Fiber: 0.47g (1.89%)