

Key Lime Pie II

READY IN



45 min.

SERVINGS



8

CALORIES



1289 kcal

Ingredients

- ☐ 4 drops food coloring green
- ☐ 3 ounce lime jell-o® mix flavored
- ☐ 0.5 cup juice of lime fresh
- ☐ 1.5 teaspoons lime zest grated
- ☐ 9 inch pie shell
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 0.8 cup water boiling

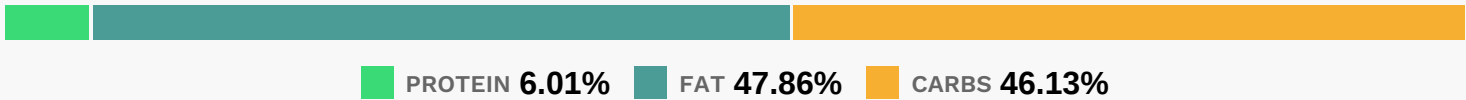
Equipment

☐ bowl

Directions

- ☐ Dissolve gelatin in boiling water. Chill until mixture starts to congeal.
- ☐ In a separate bowl (after gelatin has started to thicken and congeal) mix milk, lime juice, food coloring and grated lime rind until well blended.
- ☐ Stir in sour cream; then fold in thickened gelatin.
- ☐ Pour into pastry shell. Chill until firm.
- ☐ Garnish with whipped topping or whipped cream and lime slices.

Nutrition Facts



Properties

Glycemic Index:11.63, Glycemic Load:16.47, Inflammation Score:-6, Nutrition Score:19.99434797401%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.52mg, Hesperetin: 1.52mg, Hesperetin: 1.52mg, Hesperetin: 1.52mg 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: 1288.83kcal (64.44%), Fat: 68.56g (105.48%), Saturated Fat: 23.99g (149.92%), Carbohydrates: 148.65g (49.55%), Net Carbohydrates: 142.95g (51.98%), Sugar: 37.38g (41.53%), Cholesterol: 33.83mg (11.28%), Sodium: 1043.13mg (45.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.38g (38.76%), Manganese: 1mg (50.23%), Vitamin B1: 0.67mg (44.89%), Folate: 166.54µg (41.64%), Vitamin B2: 0.64mg (37.88%), Iron: 5.99mg (33.3%), Phosphorus: 326.54mg (32.65%), Selenium: 21.96µg (31.37%), Vitamin B3: 6.23mg (31.15%), Fiber: 5.7g (22.78%), Calcium: 215.91mg (21.59%), Vitamin K: 17.25µg (16.43%), Vitamin B5: 1.4mg (14.01%), Potassium: 457.07mg (13.06%), Magnesium: 51.19mg (12.8%), Zinc: 1.59mg (10.6%), Copper: 0.2mg (10.09%), Vitamin E: 1.26mg (8.38%), Vitamin B6: 0.16mg (7.78%), Vitamin C: 6.2mg (7.51%), Vitamin A: 321.58IU (6.43%), Vitamin B12: 0.28µg (4.64%)