



## Key Lime Pie III

READY IN



45 min.

SERVINGS



8

CALORIES



330 kcal

### Ingredients

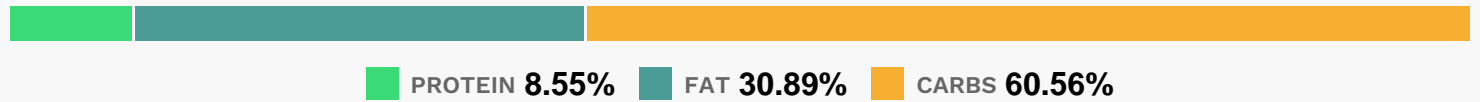
- 1 teaspoon angostura bitters
- 1 egg white
- 1 egg yolk beaten
- 1.5 teaspoons lemon zest
- 3 ounce lime jell-o® mix flavored
- 0.5 cup juice of lime fresh
- 19-inch pie crust ()
- 14 ounce condensed milk sweetened canned
- 1 cup water boiling

# Equipment

## Directions

- Dissolve lime gelatin in boiling water, add lime rind and juice. Slowly pour into egg yolk, stirring constantly.
- Add condensed milk and bitters. Chill until slightly thick.
- Beat egg white until stiff peaks form. Fold into lime gelatin mixture.
- Add food coloring if desired.
- Pour into baked pie shell. Chill until firm or overnight.

## Nutrition Facts



## Properties

Glycemic Index:7.63, Glycemic Load:16.46, Inflammation Score:-2, Nutrition Score:6.3404347326445%

## 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: 330.14kcal (16.51%), Fat: 11.45g (17.61%), Saturated Fat: 4.98g (31.12%), Carbohydrates: 50.49g (16.83%), Net Carbohydrates: 49.77g (18.1%), Sugar: 36.53g (40.59%), Cholesterol: 41.17mg (13.72%), Sodium: 223.91mg (9.74%), Alcohol: 0.28g (100%), Alcohol %: 0.26% (100%), Protein: 7.13g (14.26%), Phosphorus: 170.01mg (17%), Vitamin B2: 0.28mg (16.71%), Selenium: 11.51µg (16.44%), Calcium: 152.64mg (15.26%), Vitamin B1: 0.12mg (8.12%), Vitamin C: 6.31mg (7.65%), Folate: 28.27µg (7.07%), Potassium: 235.91mg (6.74%), Manganese: 0.12mg (5.95%), Vitamin B5: 0.57mg (5.69%), Magnesium: 18.95mg (4.74%), Iron: 0.84mg (4.66%), Vitamin B12: 0.27µg (4.43%), Zinc: 0.65mg (4.33%), Vitamin B3: 0.81mg (4.04%), Vitamin A: 172.91IU (3.46%), Fiber: 0.73g (2.9%), Vitamin B6: 0.05mg (2.62%), Copper: 0.05mg (2.52%), Vitamin K: 2.23µg (2.12%), Vitamin E: 0.29mg (1.91%), Vitamin D: 0.22µg (1.47%)