



Key Lime Pie IV

READY IN



45 min.

SERVINGS



10

CALORIES



1034 kcal

Ingredients

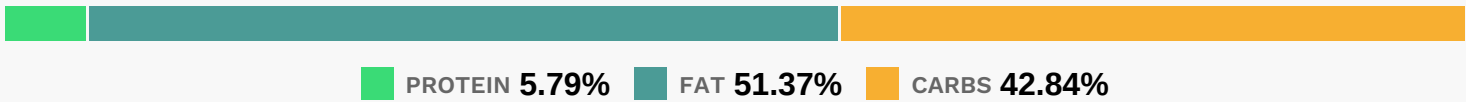
- ☐ 3 drops food coloring green
- ☐ 1 cup heavy whipping cream
- ☐ 4 tablespoons juice of lemon
- ☐ 4 tablespoons juice of lime fresh
- ☐ 9 inch pie shell
- ☐ 14 ounce condensed milk sweetened canned

Equipment

Directions

- ☐ Combine milk, lime juice, lemon juice, and food coloring. This mixture will thicken.
- ☐ Whip the cream until stiff. Fold into lime mixture.
- ☐ Pour into pie shell. Chill.

Nutrition Facts



Properties

Glycemic Index:6.1, Glycemic Load:13.17, Inflammation Score:-6, Nutrition Score:16.111739117166%

Flavonoids

Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Hesperetin: 1.41mg, Hesperetin: 1.41mg, Hesperetin: 1.41mg, Hesperetin: 1.41mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 1033.74kcal (51.69%), Fat: 58.99g (90.75%), Saturated Fat: 22.34g (139.64%), Carbohydrates: 110.7g (36.9%), Net Carbohydrates: 106.16g (38.6%), Sugar: 22.54g (25.04%), Cholesterol: 40.39mg (13.46%), Sodium: 793.21mg (34.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.95g (29.9%), Manganese: 0.8mg (40%), Vitamin B1: 0.54mg (35.89%), Folate: 133.12µg (33.28%), Vitamin B2: 0.52mg (30.45%), Iron: 4.79mg (26.61%), Vitamin B3: 4.97mg (24.86%), Phosphorus: 245.14mg (24.51%), Selenium: 16.86µg (24.09%), Fiber: 4.54g (18.17%), Calcium: 163.83mg (16.38%), Vitamin K: 14.18µg (13.5%), Vitamin B5: 1.1mg (11.03%), Potassium: 357.66mg (10.22%), Magnesium: 39.83mg (9.96%), Vitamin A: 460.99IU (9.22%), Zinc: 1.25mg (8.32%), Vitamin E: 1.13mg (7.55%), Copper: 0.15mg (7.31%), Vitamin C: 5.3mg (6.42%), Vitamin B6: 0.12mg (6.18%), Vitamin B12: 0.21µg (3.55%), Vitamin D: 0.46µg (3.07%)