

Key Lime Pie IX

READY IN



95 min.

SERVINGS



8

CALORIES



1171 kcal

DESSERT

Ingredients

- ☐ 1 eggs
- ☐ 2 egg whites
- ☐ 2 egg yolks
- ☐ 9 inch graham cracker crust prepared
- ☐ 0.5 cup key lime juice
- ☐ 1 teaspoon lime zest grated
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 4 tablespoons sugar white

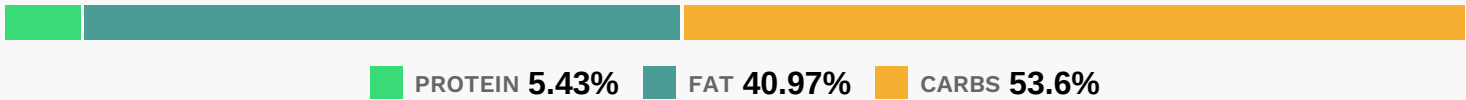
Equipment

- ☐ bowl
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ In a medium bowl, blend together condensed milk, lime juice and zest.
- ☐ Mix in egg yolks and whole egg.
- ☐ Pour mixture into crust, then cover and refrigerate for 1 hour.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ To Make Meringue: In a large glass or metal mixing bowl, beat egg whites until foamy. Gradually add sugar, continuing to beat until whites form stiff peaks.
- ☐ Spread meringue over pie, covering completely.
- ☐ Bake in preheated oven for 15 minutes. Chill before serving.

Nutrition Facts



Properties

Glycemic Index:20.39, Glycemic Load:20.66, Inflammation Score:-5, Nutrition Score:23.513912708863%

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: 1170.63kcal (58.53%), Fat: 53.5g (82.32%), Saturated Fat: 12.89g (80.56%), Carbohydrates: 157.49g (52.5%), Net Carbohydrates: 153.79g (55.92%), Sugar: 67.95g (75.5%), Cholesterol: 85.93mg (28.64%), Sodium: 986.58mg (42.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.97g (31.94%), Manganese: 2.47mg (123.61%), Vitamin B2: 0.7mg (41.12%), Vitamin K: 42.13µg (40.12%), Phosphorus: 381.01mg (38.1%), Folate: 140.76µg (35.19%), Vitamin B3: 6.3mg (31.49%), Iron: 5.31mg (29.5%), Vitamin B1: 0.41mg (27.39%), Selenium: 18.08µg

(25.82%), Vitamin E: 3.83mg (25.5%), Copper: 0.45mg (22.39%), Calcium: 208.03mg (20.8%), Zinc: 3.05mg (20.31%), Magnesium: 59.82mg (14.96%), Fiber: 3.7g (14.8%), Potassium: 442.96mg (12.66%), Vitamin B6: 0.2mg (10.1%), Vitamin B5: 0.96mg (9.65%), Vitamin C: 5.9mg (7.15%), Vitamin B12: 0.36µg (6.03%), Vitamin A: 236.65IU (4.73%), Vitamin D: 0.45µg (3.01%)