



Key Lime Pie Parfaits

READY IN



45 min.

SERVINGS



8

CALORIES



278 kcal

DESSERT

Ingredients

- 2 large eggs
- 1 cup graham cracker crumbs (8 cookie sheets)
- 0.5 cup juice of lime fresh
- 0.3 teaspoon lime zest grated
- 0.3 cup sugar
- 14 ounce condensed milk fat-free sweetened canned
- 1.5 cups whipped cream light canned (such as Reddi-wip)

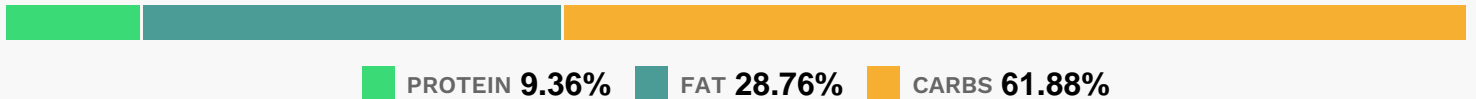
Equipment

- bowl
- frying pan
- whisk
- double boiler
- kitchen thermometer

Directions

- Combine first 5 ingredients in a large bowl, stirring with a whisk until smooth; pour into the top of a double boiler. Cook over simmering water until mixture thickens (about 6 minutes) or until a thermometer registers 160, stirring constantly.
- Remove from heat.
- Place pan in a large ice-filled bowl for 20 minutes or until mixture comes to room temperature, stirring occasionally.
- Spoon 1 tablespoon whipped cream into each of 8 (8-ounce) glasses; top each serving with 1 tablespoon crumbs and 3 tablespoons lime mixture. Repeat layers once, ending with lime mixture. Top each serving with 1 tablespoon whipped cream; sprinkle with lime rind, if desired.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:36.51, Glycemic Load:27.26, Inflammation Score:-3, Nutrition Score:6.1826087793578%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.38mg, Hesperetin: 1.38mg, Hesperetin: 1.38mg, Hesperetin: 1.38mg 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: 278.42kcal (13.92%), Fat: 9.09g (13.98%), Saturated Fat: 4.84g (30.22%), Carbohydrates: 43.99g (14.66%), Net Carbohydrates: 43.57g (15.84%), Sugar: 36.84g (40.94%), Cholesterol: 71.92mg (23.97%), Sodium: 151.22mg (6.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.66g (13.31%), Phosphorus: 183.62mg (18.36%), Vitamin B2: 0.3mg (17.62%), Calcium: 169.76mg (16.98%), Selenium: 11.39µg (16.27%), Potassium: 254.32mg (7.27%),

Vitamin C: 5.85mg (7.09%), Vitamin B5: 0.62mg (6.17%), Vitamin B12: 0.36µg (6.04%), Zinc: 0.89mg (5.9%),
Magnesium: 23.05mg (5.76%), Vitamin A: 284.62IU (5.69%), Vitamin B1: 0.08mg (5.44%), Folate: 18.02µg (4.5%),
Iron: 0.77mg (4.27%), Vitamin B6: 0.07mg (3.37%), Vitamin B3: 0.54mg (2.7%), Vitamin D: 0.39µg (2.63%), Vitamin
E: 0.32mg (2.11%), Fiber: 0.42g (1.68%), Copper: 0.03mg (1.26%)