



Key Lime Pie VIII

READY IN



140 min.

SERVINGS



10

CALORIES



223 kcal

Ingredients

- ☐ 3.5 ounce vanilla pudding mix instant
- ☐ 1 cup juice of lime fresh
- ☐ 1 tablespoon lime zest grated
- ☐ 1 10-inch pie crust cooled ()
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 8 ounce non-dairy whipped topping frozen thawed

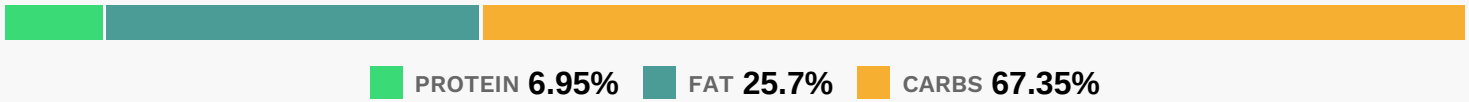
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a large bowl, mix together lime rind, lime juice, and condensed milk.
- ☐ Whisk in pudding mix and allow to set up 5 minutes. Fold in 8 ounce tub of whipped topping.
- ☐ Pour mixture into pastry shell. Chill at least 2 hours before serving.
- ☐ Garnish with additional whipped topping if desired.

Nutrition Facts



Properties

Glycemic Index:9.3, Glycemic Load:13.19, Inflammation Score:-2, Nutrition Score:3.9647826513518%

Flavonoids

Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg Hesperetin: 2.43mg, Hesperetin: 2.43mg, Hesperetin: 2.43mg, Hesperetin: 2.43mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 222.5kcal (11.12%), Fat: 6.51g (10.01%), Saturated Fat: 4.76g (29.76%), Carbohydrates: 38.37g (12.79%), Net Carbohydrates: 38.19g (13.89%), Sugar: 35.23g (39.15%), Cholesterol: 13.95mg (4.65%), Sodium: 130.65mg (5.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.96g (7.92%), Calcium: 132.92mg (13.29%), Phosphorus: 120.96mg (12.1%), Vitamin B2: 0.19mg (11.22%), Vitamin C: 8.47mg (10.26%), Selenium: 6.54µg (9.34%), Potassium: 201.16mg (5.75%), Vitamin B12: 0.22µg (3.67%), Magnesium: 13.89mg (3.47%), Vitamin B5: 0.33mg (3.29%), Vitamin B1: 0.05mg (3.12%), Zinc: 0.42mg (2.79%), Vitamin A: 135.15IU (2.7%), Folate: 7.58µg (1.9%), Vitamin B6: 0.03mg (1.71%), Vitamin E: 0.23mg (1.55%), Vitamin K: 1.12µg (1.07%)