



Key Lime Pie with Passion Fruit Coulis and Huckleberry Compote

READY IN



45 min.

SERVINGS



8

CALORIES



409 kcal

DESSERT

Ingredients

- ☐ 16 ounces blueberries wild fresh frozen
- ☐ 4 large egg yolk
- ☐ 1.3 cups graham cracker crumbs
- ☐ 0.5 cup juice of lime fresh
- ☐ 0.8 cup passion fruit rum frozen thawed
- ☐ 1 pinch salt
- ☐ 3 tablespoons sugar
- ☐ 14 ounce condensed milk sweetened canned

- ☐ 6 tablespoons butter unsalted melted ()
- ☐ 0.5 vanilla pod split
- ☐ 8 servings whipped cream

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pie form

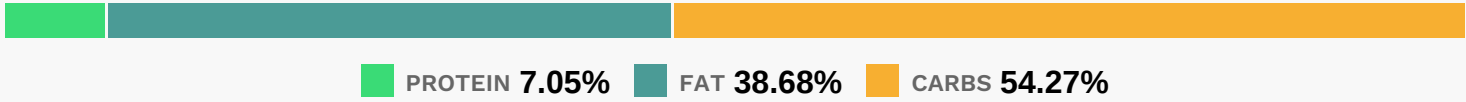
Directions

- ☐ Combine huckleberries and sugar in medium saucepan. Scrape in seeds from vanilla bean; add bean. Bring to simmer over medium heat, stirring until sugar dissolves. Simmer until reduced to 1 1/4 cups, about 15 minutes. Refrigerate until cold. DO AHEAD: Can be made 2 days ahead. Cover and refrigerate. Discard vanilla bean before serving.
- ☐ Combine passion fruit puree and sugar in heavy small saucepan. Scrape in seeds from vanilla bean; add bean. Stir over medium heat until sugar dissolves. Simmer until mixture is reduced to 1/2 cup, stirring frequently, about 6 minutes.
- ☐ Transfer coulis to bowl and refrigerate until cold. DO AHEAD: Can be made 2 days ahead. Cover and keep refrigerated. Discard vanilla bean before using.
- ☐ Preheat oven to 350°F.
- ☐ Combine cracker crumbs, sugar, and salt in medium bowl.
- ☐ Add butter and stir until crumbs are moist. Press mixture onto bottom and up sides of 9-inch-diameter glass pie dish.
- ☐ Bake crust until set and lightly browned, about 10 minutes. Cool crust completely. Maintain oven temperature.
- ☐ Whisk sweetened condensed milk and egg yolks in medium bowl to blend.
- ☐ Add lime juice and whisk until blended.
- ☐ Pour filling into cooled crust.
- ☐ Bake pie until filling is set, about 18 minutes.

- ☐
- Transfer to rack and cool to room temperature. Cover and refrigerate pie overnight.

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Nutrition Facts



Properties

Glycemic Index:41.26, Glycemic Load:30.69, Inflammation Score:-6, Nutrition Score:10.745217395865%

Flavonoids

Cyanidin: 4.8mg, Cyanidin: 4.8mg, Cyanidin: 4.8mg, Cyanidin: 4.8mg Petunidin: 17.88mg, Petunidin: 17.88mg, Petunidin: 17.88mg, Petunidin: 17.88mg Delphinidin: 20.09mg, Delphinidin: 20.09mg, Delphinidin: 20.09mg, Delphinidin: 20.09mg Malvidin: 38.32mg, Malvidin: 38.32mg, Malvidin: 38.32mg, Malvidin: 38.32mg Peonidin: 11.5mg, Peonidin: 11.5mg, Peonidin: 11.5mg, Peonidin: 11.5mg Catechin: 3mg, Catechin: 3mg, Catechin: 3mg, Catechin: 3mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg 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 Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 408.6kcal (20.43%), Fat: 18.14g (27.92%), Saturated Fat: 9.99g (62.46%), Carbohydrates: 57.28g (19.09%), Net Carbohydrates: 53.11g (19.31%), Sugar: 43.41g (48.24%), Cholesterol: 135.8mg (45.27%), Sodium: 167.17mg (7.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.44g (14.89%), Vitamin C: 17.96mg (21.78%), Phosphorus: 217.01mg (21.7%), Vitamin B2: 0.35mg (20.32%), Calcium: 179.03mg (17.9%), Selenium: 12.52µg (17.89%), Vitamin A: 878.14IU (17.56%), Fiber: 4.17g (16.67%), Vitamin K: 12.39µg (11.8%), Potassium: 366.34mg (10.47%), Manganese: 0.2mg (10.08%), Magnesium: 32.97mg (8.24%), Folate: 32.41µg (8.1%), Vitamin B1: 0.12mg (7.8%), Iron: 1.4mg (7.79%), Vitamin B5: 0.75mg (7.45%), Zinc: 1.07mg (7.16%), Vitamin B12: 0.42µg (6.99%), Vitamin B6: 0.13mg (6.42%), Vitamin E: 0.94mg (6.28%), Vitamin B3: 1.2mg (6.01%), Vitamin D: 0.74µg (4.93%), Copper: 0.08mg (3.8%)