



## Key Lime Pie X

 Vegetarian

READY IN



35 min.

SERVINGS



8

CALORIES



224 kcal

DESSERT

### Ingredients

- 1.5 cups cornflakes
- 4 egg whites
- 3 tablespoons juice of lemon fresh
- 4 tablespoons juice of lime fresh
- 14 ounce condensed milk sweetened canned
- 6 tablespoons granulated sugar white
- 3 drops food coloring yellow

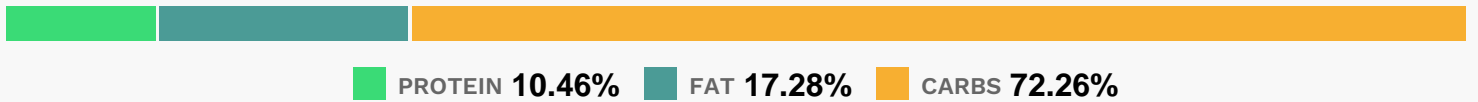
### Equipment

- bowl
- oven
- mixing bowl

## Directions

- In a medium bowl, mix cornflake crumbs, 1/4 cup sugar and melted margarine until well blended . Press mixture into a 9 inch pie plate. Refrigerate until set.
- In a large bowl, mix sweetened condensed milk, lime juice, lemon juice and yellow food coloring until creamy.
- Pour into crust and refrigerate until set.
- Preheat oven to 450 degrees F (230 degrees C). In a large glass or metal mixing bowl, beat egg whites until foamy. Gradually add 6 tablespoons white sugar, continuing to beat until stiff peaks form.
- Spread meringue over pie, covering completely.
- Bake in the preheated oven for 5 minutes, or until meringue is golden brown.

## Nutrition Facts



## Properties

Glycemic Index:16.39, Glycemic Load:22.75, Inflammation Score:-3, Nutrition Score:6.3243478342243%

## Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.49mg, Hesperetin: 1.49mg, Hesperetin: 1.49mg, Hesperetin: 1.49mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 223.56kcal (11.18%), Fat: 4.41g (6.79%), Saturated Fat: 2.73g (17.08%), Carbohydrates: 41.5g (13.83%), Net Carbohydrates: 41.28g (15.01%), Sugar: 36.84g (40.94%), Cholesterol: 16.87mg (5.62%), Sodium: 126.48mg (5.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6g (12.01%), Vitamin B2: 0.36mg (20.92%), Selenium: 10.85µg (15.49%), Calcium: 143.69mg (14.37%), Phosphorus: 134.62mg (13.46%), Iron: 1.64mg (9.11%), Vitamin C: 6.82mg (8.27%), Vitamin B12: 0.49µg (8.24%), Vitamin B1: 0.12mg (7.92%), Folate: 26.67µg (6.67%), Potassium: 232.08mg (6.63%), Vitamin B6: 0.13mg (6.27%), Vitamin B3: 1.08mg (5.38%), Vitamin A: 230.32IU (4.61%), Magnesium:

17.53mg (4.38%), Vitamin B5: 0.43mg (4.29%), Zinc: 0.53mg (3.55%), Vitamin D: 0.29µg (1.92%), Copper: 0.02mg (1.24%)