



Kiwi Lime Pie

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



196 kcal

Ingredients

- ☐ 5 egg yolk beaten
- ☐ 4 graham crackers
- ☐ 1 tablespoon ground flaxseed
- ☐ 4 kiwi fruit peeled cut into thin slices
- ☐ 0.5 cup juice of lime fresh
- ☐ 4 teaspoons lime zest
- ☐ 0.5 cup oats uncooked
- ☐ 2 tablespoons pumpkin seeds
- ☐ 14 ounce condensed milk sweetened canned

- ☐ 2 tablespoons water

Equipment

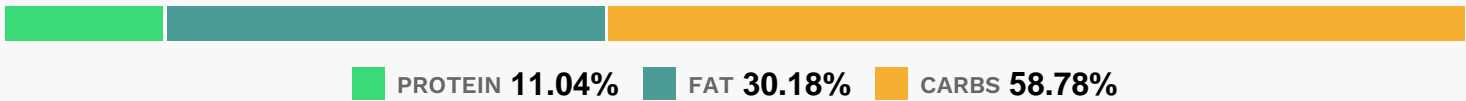
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ spatula

Directions

- ☐ Heat the oven to 375°F.
- ☐ Place the flax and water in a small bowl and stir with a teaspoon. Set aside.
- ☐ In a food processor, grind the graham crackers and oats into fine crumbs.
- ☐ Transfer to a separate bowl.
- ☐ Using a clean coffee grinder, grind the pumpkin seeds.
- ☐ Add to the graham cracker mixture.
- ☐ Add the flax mixture and stir until a coarse meal forms. Press into the bottom and up the sides of an 8 x 8-inch pie plate.
- ☐ In a large bowl, place the condensed milk, egg yolks, and lime zest and juice.
- ☐ Whisk well, until a thick, creamlike mixture forms.
- ☐ Pour over the unbaked graham crust and smooth the top with a rubber spatula.
- ☐ Bake 12 to 15 minutes, until the edges are firm but the center still jiggles when you shake the pan.
- ☐ Remove from the oven and let cool 30 minutes. Decorate with kiwi slices. When the pie is fairly cool, cover with plastic wrap and chill for at least 1 hour, or up to 8 hours, before serving.
- ☐ Chef's Note
- ☐ Add a spoonful of nonfat Greek yogurt to dress up your dessert even more (and sneak in another superfood!).

- ☐ Other
- ☐ Reprinted with permission from The Drop 10 Diet Cookbook by Lucy Danziger, © 2013 Condé Nast
- ☐ The editor in chief of SELF for more than ten years, LUCY DANZIGER is also the author of the New York Times bestseller The Nine Rooms of Happiness. Four years ago, she lost 25 pounds by eating more superfoods and has kept it off ever since. She is a regular guest on television shows, including Today, The View, and Good Morning America. Danziger lives in New York City with her husband and two children.

Nutrition Facts



Properties

Glycemic Index:25.14, Glycemic Load:16.05, Inflammation Score:-4, Nutrition Score:8.4865217519843%

Flavonoids

Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 1.19mg, Hesperetin: 1.19mg, Hesperetin: 1.19mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 195.66kcal (9.78%), Fat: 6.76g (10.4%), Saturated Fat: 2.82g (17.61%), Carbohydrates: 29.62g (9.87%), Net Carbohydrates: 27.89g (10.14%), Sugar: 22.08g (24.54%), Cholesterol: 92.25mg (30.75%), Sodium: 78.71mg (3.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.56g (11.12%), Vitamin C: 26.77mg (32.45%), Phosphorus: 172.35mg (17.23%), Selenium: 10.45µg (14.93%), Manganese: 0.25mg (12.53%), Calcium: 123.63mg (12.36%), Vitamin K: 12.75µg (12.15%), Vitamin B2: 0.21mg (12.14%), Magnesium: 34.27mg (8.57%), Folate: 28.24µg (7.06%), Potassium: 242.13mg (6.92%), Fiber: 1.73g (6.91%), Vitamin B1: 0.09mg (6.28%), Zinc: 0.9mg (6.03%), Vitamin B5: 0.6mg (5.98%), Copper: 0.1mg (4.95%), Vitamin B12: 0.29µg (4.86%), Iron: 0.87mg (4.83%), Vitamin E: 0.72mg (4.78%), Vitamin A: 228.49IU (4.57%), Vitamin B6: 0.08mg (3.95%), Vitamin D: 0.47µg (3.14%), Vitamin B3: 0.51mg (2.57%)