



## Kristi's Key Lime Pie

READY IN



44 min.

SERVINGS



6

CALORIES



511 kcal

### Ingredients

- 2 large eggs
- 1 graham cracker crust
- 1 cup regular lime juice quartered
- 0.5 cup cup heavy whipping cream sour
- 14 ounce condensed milk sweetened canned
- 16 ounces water
- 8 ounces non-dairy whipped topping

### Equipment

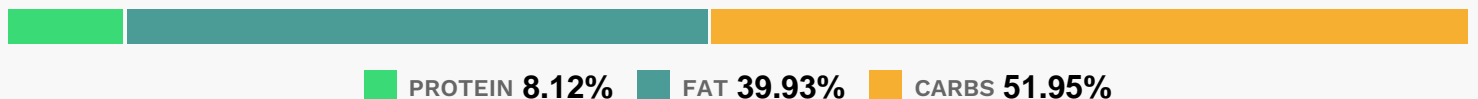
- food processor

- oven
- knife
- sieve
- blender

## Directions

- If using 6 to 8 limes instead of lime juice, put water in blender or food processor, set processor on puree, and with processor running drop lime slices in, one at a time. Key limes are very tough – do not drop in too many at one time. Drop in 8 to 10 slices, maybe more if you have a really powerful blender or processor. Process completely, then pour through strainer into another container. Make sure to press out all of the juice, discard lime remains then pour the lime juice back into blender. Again, drop in lime slices, repeating the above process until you have processed all of the limes. Set aside 1 cup of the resulting lime juice.
- Preheat oven to 350 degrees F.
- Blend key lime juice with the sweetened condensed milk.
- Add the sour cream. In a separate container, beat the eggs, then add to the key lime mixture and beat for 1 minute.
- Pour mixture into the graham cracker crust.
- Bake for 10 minutes.
- Remove from the oven and cool pie completely, about 1 hour. Top with whipped topping and put in freezer. Freeze at least 3 hours.
- Serve straight from freezer.
- Cutting the pie is made easier by wetting a knife in hot water before slicing.

## Nutrition Facts



## Properties

Glycemic Index:10.17, Glycemic Load:21.95, Inflammation Score:-4, Nutrition Score:11.511304181555%

## Flavonoids

Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg Hesperetin: 3.62mg, Hesperetin: 3.62mg, Hesperetin: 3.62mg, Hesperetin: 3.62mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

## **Nutrients (% of daily need)**

Calories: 510.83kcal (25.54%), Fat: 23.06g (35.48%), Saturated Fat: 11.78g (73.63%), Carbohydrates: 67.53g (22.51%), Net Carbohydrates: 66.83g (24.3%), Sugar: 51.43g (57.15%), Cholesterol: 96.55mg (32.18%), Sodium: 278.87mg (12.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.55g (21.1%), Vitamin B2: 0.48mg (28.47%), Phosphorus: 281.69mg (28.17%), Calcium: 259.52mg (25.95%), Selenium: 17.3µg (24.71%), Manganese: 0.38mg (19.13%), Vitamin C: 13.99mg (16.96%), Potassium: 409.75mg (11.71%), Folate: 39.84µg (9.96%), Vitamin B1: 0.14mg (9.32%), Vitamin B12: 0.56µg (9.25%), Vitamin B5: 0.92mg (9.16%), Zinc: 1.33mg (8.88%), Vitamin A: 434.45IU (8.69%), Magnesium: 34.26mg (8.57%), Vitamin K: 8.36µg (7.96%), Vitamin E: 1.16mg (7.7%), Iron: 1.24mg (6.9%), Vitamin B3: 1.18mg (5.88%), Copper: 0.12mg (5.77%), Vitamin B6: 0.11mg (5.72%), Vitamin D: 0.47µg (3.1%), Fiber: 0.7g (2.8%)