



## Lime Chiffon Pie

READY IN



270 min.

SERVINGS



8

CALORIES



140 kcal

### Ingredients

- 2 cups cool whip free whipped topping thawed
- 6 oz ready-to-use graham cracker crumb crust reduced-fat
- 8 servings ice cubes
- 0.3 oz jell-o lime flavor gelatin sugar free
- 2 Tbsp juice of lime
- 1.5 tsp lime zest
- 0.5 cup water cold
- 0.7 cup water boiling

### Equipment

bowl

whisk

## Directions

Add boiling water to gelatin mix in large bowl; stir 2 min. until completely dissolved.

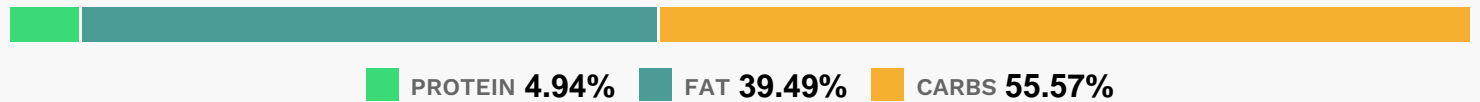
Add enough ice to cold water to make 1 cup.

Add to gelatin; stir until ice is melted.

Whisk in COOL WHIP, zest and juice. Refrigerate 15 min. or until mixture is thick enough to mound. Spoon into crust.

Refrigerate 4 hours or until firm.

## Nutrition Facts



## Properties

Glycemic Index:4, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:3.2743478598802%

## Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 139.56kcal (6.98%), Fat: 6.21g (9.56%), Saturated Fat: 1.6g (10.01%), Carbohydrates: 19.68g (6.56%), Net Carbohydrates: 19.17g (6.97%), Sugar: 7.83g (8.7%), Cholesterol: 3mg (1%), Sodium: 123.21mg (5.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.75g (3.5%), Manganese: 0.27mg (13.72%), Vitamin B2: 0.16mg (9.55%), Vitamin B12: 0.28µg (4.63%), Vitamin B1: 0.07mg (4.53%), Vitamin K: 4.72µg (4.49%), Folate: 17.44µg (4.36%), Phosphorus: 39.72mg (3.97%), Vitamin B3: 0.76mg (3.8%), Copper: 0.07mg (3.4%), Iron: 0.57mg (3.14%), Calcium: 29.81mg (2.98%), Vitamin E: 0.42mg (2.8%), Zinc: 0.34mg (2.24%), Vitamin B6: 0.04mg (2.04%), Fiber: 0.5g (2.02%), Magnesium: 7.64mg (1.91%), Selenium: 1.19µg (1.7%), Vitamin C: 1.23mg (1.5%), Potassium: 49.12mg (1.4%)