



## Lime Icebox Pie Filling

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



584 kcal

### Ingredients

- ☐ 0.3 cup cornstarch
- ☐ 3 large eggs
- ☐ 0.5 cup juice of lime fresh
- ☐ 1 tablespoon lime rind grated
- ☐ 0.8 cup milk
- ☐ 14 ounce condensed milk sweetened canned

### Equipment

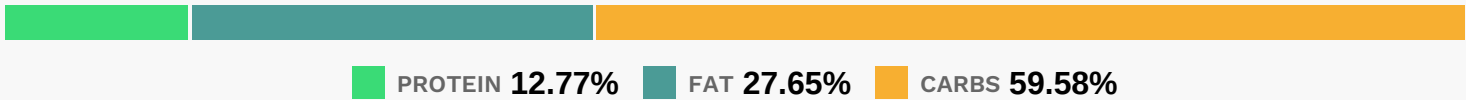
- ☐ bowl
- ☐ sauce pan

☐ whisk

Directions

- ☐ Whisk together 3/4 cup milk and 1/4 cup cornstarch in a 3-quart heavy saucepan, whisking until cornstarch dissolves.
- ☐ Whisk in sweetened condensed milk and eggs until blended; whisk in lime juice and, if desired, food coloring. Bring to a boil over medium heat, whisking constantly. (
- ☐ Mixture will begin to thicken when lime juice is first added, and then become thin again during first few minutes of cooking. It will thicken quickly as it comes to a boil.)
- ☐ Boil 1 minute, whisking constantly, or until mixture thickens.
- ☐ Remove mixture from heat, and whisk in butter and lime rind until smooth.
- ☐ Pour filling into a large bowl, and place bowl in a larger bowl filled with ice. Stir regularly until cold (about 10 minutes).

Nutrition Facts



Properties

Glycemic Index:43.67, Glycemic Load:45.03, Inflammation Score:-5, Nutrition Score:17.204347900722%

Flavonoids

Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg Hesperetin: 4.48mg, Hesperetin: 4.48mg, Hesperetin: 4.48mg, Hesperetin: 4.48mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 584.1kcal (29.2%), Fat: 18.25g (28.08%), Saturated Fat: 9.97g (62.3%), Carbohydrates: 88.52g (29.51%), Net Carbohydrates: 88.21g (32.08%), Sugar: 75.8g (84.23%), Cholesterol: 238.3mg (79.43%), Sodium: 264mg (11.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.98g (37.95%), Selenium: 36.44µg (52.05%), Vitamin B2: 0.87mg (51.15%), Phosphorus: 502.72mg (50.27%), Calcium: 485.28mg (48.53%), Vitamin B12: 1.36µg (22.61%), Vitamin B5: 2.04mg (20.4%), Potassium: 700.87mg (20.02%), Vitamin C: 16.12mg (19.54%), Vitamin A: 743.22IU (14.86%), Zinc: 2.18mg (14.53%), Vitamin D: 1.94µg (12.9%), Magnesium: 51.38mg (12.85%), Vitamin B1: 0.18mg (12.26%), Folate: 42.25µg (10.56%), Vitamin B6: 0.21mg (10.29%), Iron: 1.22mg (6.8%), Vitamin E: 0.86mg (5.74%), Copper: 0.07mg (3.7%), Vitamin B3: 0.44mg (2.2%), Manganese: 0.04mg (1.87%), Vitamin K: 1.38µg (1.32%), Fiber: 0.31g (1.25%)