



Long Beach Lime Pies

 Vegetarian

READY IN



90 min.

SERVINGS



10

CALORIES



589 kcal

DESSERT

Ingredients

- ☐ 0.7 cup butter melted
- ☐ 1.5 cups regular cream sour
- ☐ 2 large egg yolks plus 4 eggs
- ☐ 2.5 cups graham cracker crumbs
- ☐ 1.3 cups regular lime juice (from 2 lbs. fruit)
- ☐ 8 lime zest plus more for garnish
- ☐ 0.5 cup sugar
- ☐ 28 oz condensed milk sweetened canned

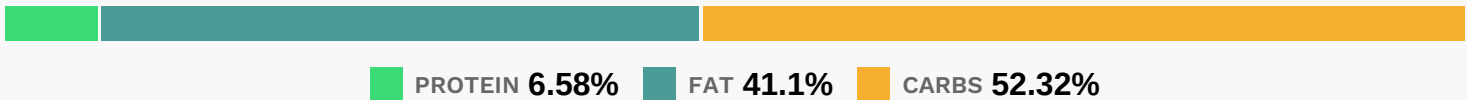
Equipment

- ☐ bowl
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 35
- ☐ In a bowl, mix graham cracker crumbs, butter, and 1/2 cup sugar. Press over bottom and sides of 2 (9-in.) pie pans.
- ☐ Bake until pale golden, 5 minutes. If crusts shrink, gently push up with sides of a fork.
- ☐ Let cool.
- ☐ Beat yolks, zest, and milk in a bowl with a mixer on high speed until thick, 5 minutes. Beat in whole eggs and lime juice just to blend. Divide mixture between crusts.
- ☐ Bake pies until filling no longer jiggles when pies are gently shaken, 20 to 25 minutes. Cool on racks. Cover and chill at least 1 1/2 hours.
- ☐ Beat crema and remaining 3 tbsp. sugar in a bowl with a mixer on high speed until thick, about 3 minutes.
- ☐ Spread over pies, swirling topping. Scatter more lime zest on top.
- ☐ *Buy at a grocery store or Latino market.
- ☐ Make ahead: Up to 1 day through step 3, covered.
- ☐ Add topping up to 4 hours before serving and chill, uncovered.

Nutrition Facts



Properties

Glycemic Index:28.71, Glycemic Load:45.96, Inflammation Score:-6, Nutrition Score:11.39739134519%

Flavonoids

Eriodictyol: 0.71mg, Eriodictyol: 0.71mg, Eriodictyol: 0.71mg, Eriodictyol: 0.71mg Hesperetin: 25.94mg, Hesperetin: 25.94mg, Hesperetin: 25.94mg, Hesperetin: 25.94mg Naringenin: 1.95mg, Naringenin: 1.95mg, Naringenin: 1.95mg, Naringenin: 1.95mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 588.96kcal (29.45%), Fat: 27.87g (42.88%), Saturated Fat: 12.8g (80.02%), Carbohydrates: 79.83g (26.61%), Net Carbohydrates: 77.49g (28.18%), Sugar: 60.58g (67.31%), Cholesterol: 115.01mg (38.34%), Sodium: 486.16mg (21.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.03g (20.07%), Vitamin C: 27.34mg (33.14%), Calcium: 328.99mg (32.9%), Phosphorus: 274.31mg (27.43%), Vitamin B2: 0.42mg (24.77%), Selenium: 14.11µg (20.16%), Vitamin A: 841.38IU (16.83%), Potassium: 431.63mg (12.33%), Vitamin B1: 0.15mg (10.01%), Magnesium: 39.3mg (9.82%), Fiber: 2.34g (9.38%), Zinc: 1.33mg (8.87%), Vitamin B5: 0.87mg (8.7%), Iron: 1.47mg (8.16%), Folate: 31.32µg (7.83%), Vitamin B12: 0.44µg (7.35%), Vitamin B3: 1.12mg (5.6%), Vitamin B6: 0.11mg (5.46%), Vitamin E: 0.75mg (5.03%), Copper: 0.07mg (3.25%), Vitamin D: 0.34µg (2.28%), Vitamin K: 2.07µg (1.98%)