



Luscious Key Lime Dessert

READY IN



90 min.

SERVINGS



20

CALORIES



336 kcal

DESSERT

Ingredients

- ☐ 17.5 oz basic cookie mix
- ☐ 0.5 cup butter firm
- ☐ 28 oz condensed milk sweetened canned
- ☐ 0.8 cup juice of lime
- ☐ 16 oz non-dairy whipped topping frozen thawed
- ☐ 12 oz lime yoplait®
- ☐ 3 drops drop natural food coloring green
- ☐ 1 tablespoon lime zest grated
- ☐ 0.5 cup strawberries fresh (blueberries, raspberries, strawberries)

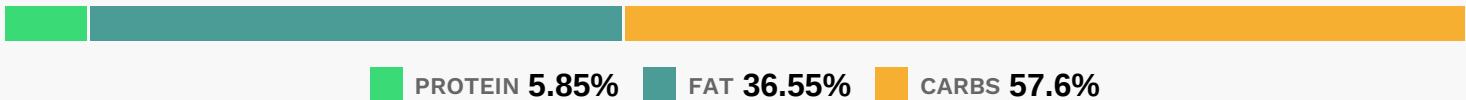
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ hand mixer

Directions

- ☐ Heat oven to 350°F. Spray bottom and sides of 13x9-inch pan with cooking spray.
- ☐ Place cookie mix in large bowl. With pastry blender or fork, cut in butter until mixture is crumbly and coarse. Lightly press crumbs in bottom of pan.
- ☐ Bake 10 to 12 minutes or until golden brown. Cool.
- ☐ In large bowl, beat condensed milk and lime juice with electric mixer on medium speed until smooth and thickened.
- ☐ Remove 1 cup of the whipped topping; set aside. Fold remaining whipped topping, yogurt and food color into milk mixture. Spoon into cooled crust. Cover and refrigerate about 1 hour or until set.
- ☐ To serve, cut into 5 rows by 4 rows.
- ☐ Garnish each serving with a dollop of remaining whipped topping, lime peel and fresh berries. Cover and refrigerate any remaining dessert.

Nutrition Facts



Properties

Glycemic Index:8.25, Glycemic Load:13.68, Inflammation Score:-3, Nutrition Score:4.762173898842%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.89mg, Pelargonidin: 0.89mg, Pelargonidin: 0.89mg, Pelargonidin: 0.89mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg

Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg
Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epicatechin 3–gallate:
0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Eriodictyol:
0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 8.26mg, Hesperetin: 8.26mg,
Hesperetin: 8.26mg, Hesperetin: 8.26mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin:
0.63mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.16mg,
Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 335.53kcal (16.78%), Fat: 13.74g (21.14%), Saturated Fat: 6.06g (37.9%), Carbohydrates: 48.73g (16.24%),
Net Carbohydrates: 47.5g (17.27%), Sugar: 39.25g (43.61%), Cholesterol: 13.95mg (4.65%), Sodium: 146.86mg
(6.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.95g (9.9%), Calcium: 138.08mg (13.81%), Vitamin C:
10.92mg (13.24%), Phosphorus: 123.75mg (12.38%), Vitamin B2: 0.2mg (11.78%), Selenium: 6.51µg (9.3%), Vitamin A:
339.37IU (6.79%), Potassium: 217.48mg (6.21%), Fiber: 1.22g (4.89%), Vitamin B12: 0.23µg (3.76%), Vitamin B1:
0.06mg (3.74%), Magnesium: 14.31mg (3.58%), Vitamin B5: 0.36mg (3.56%), Zinc: 0.43mg (2.85%), Vitamin E:
0.42mg (2.81%), Folate: 8.26µg (2.06%), Vitamin B6: 0.04mg (1.89%), Iron: 0.31mg (1.75%), Vitamin B3: 0.26mg
(1.32%), Copper: 0.02mg (1.18%), Vitamin K: 1.2µg (1.14%)