

Marshmallow-Almond Key Lime Pie

READY IN



55 min.

SERVINGS



8

CALORIES



535 kcal

DESSERT

Ingredients

- 3 tablespoons brown sugar
- 4.5 teaspoons butter
- 8 ounces cream cheese divided softened
- 1 egg yolk
- 1 cup flour all-purpose
- 0.5 cup cup heavy whipping cream
- 1 tablespoon honey
- 0.5 cup juice of lime
- 1 tablespoon lime zest grated

- 1.8 cups marshmallows miniature
- 1 cup slivered almonds divided toasted
- 14 ounces condensed milk sweetened canned

Equipment

- food processor
- bowl
- sauce pan
- oven
- wire rack

Directions

- Place the flour, brown sugar and 1/2 cup almonds in a food processor. Cover and process until blended.
- Add melted butter and honey; cover and process until crumbly. Press onto the bottom and up the sides of a greased 9-in. pie plate.
- Bake at 350° for 8–10 minutes or until crust is lightly browned. Cool on a wire rack.
- In a large bowl, beat the milk, 5 ounces cream cheese, lime juice, peel and salt until blended.
- Add egg yolk; beat on low speed just until combined.
- Pour into crust.
- Bake for 15–20 minutes or until center is almost set. Cool on a wire rack.
- In a large saucepan, combine marshmallows and butter. Cook and stir over medium–low heat until melted.
- Transfer to a large bowl.
- Add cream and remaining cream cheese; beat until smooth. Cover and refrigerate until chilled.
- Beat marshmallow mixture until light and fluffy.
- Spread over pie; sprinkle with remaining almonds.

Nutrition Facts



■ PROTEIN 8.15% ■ FAT 47.76% ■ CARBS 44.09%

Properties

Glycemic Index:45.97, Glycemic Load:32.16, Inflammation Score:-6, Nutrition Score:12.922608670981%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.68mg, Hesperetin: 1.68mg, Hesperetin: 1.68mg, Hesperetin: 1.68mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 535.37kcal (26.77%), Fat: 29.24g (44.98%), Saturated Fat: 14.08g (87.98%), Carbohydrates: 60.72g (20.24%), Net Carbohydrates: 58.51g (21.28%), Sugar: 42.22g (46.91%), Cholesterol: 92.66mg (30.89%), Sodium: 186.08mg (8.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.23g (22.45%), Vitamin B2: 0.55mg (32.18%), Vitamin E: 4.08mg (27.22%), Phosphorus: 259.15mg (25.92%), Selenium: 17.64µg (25.21%), Calcium: 227.04mg (22.7%), Manganese: 0.43mg (21.56%), Vitamin A: 842.66IU (16.85%), Magnesium: 58.48mg (14.62%), Vitamin B1: 0.21mg (14.18%), Folate: 48.29µg (12.07%), Potassium: 380.77mg (10.88%), Copper: 0.2mg (9.79%), Fiber: 2.21g (8.83%), Iron: 1.51mg (8.41%), Zinc: 1.25mg (8.35%), Vitamin B5: 0.8mg (8.02%), Vitamin B3: 1.59mg (7.96%), Vitamin C: 6.15mg (7.45%), Vitamin B12: 0.35µg (5.89%), Vitamin B6: 0.09mg (4.43%), Vitamin D: 0.46µg (3.06%), Vitamin K: 1.72µg (1.64%)