



Mmmm. Fiber Filled Key Lime Pie

READY IN



11 min.

SERVINGS



8

CALORIES



152 kcal

DESSERT

Ingredients

- ☐ 4 tablespoons butter melted
- ☐ 2 cups fiber one cereal
- ☐ 1 tablespoon plus (I think maple syrup or golden syrup would work)
- ☐ 1.5 teaspoons gelatin powder unflavored
- ☐ 16 oz yoplait fiber one key lime pie yogurt (I had to use a different brand because they were out of this one)
- ☐ 1 tablespoon juice of lime fresh
- ☐ 2 teaspoons lime zest grated
- ☐ 4 oz cream cheese softened

- ☐ 1 teaspoon vanilla
- ☐ 2 tablespoons water cold
- ☐ 0.5 cup non-dairy whipped topping frozen thawed reduced-fat ()

Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer
- ☐ ziploc bags

Directions

- ☐ Preheat oven to 350°F. Crush cereal in a food processor until it's the consistency of breadcrumbs. Fiber One says you can do this step with a heavy duty plastic bag, but if you have a food processor it makes the job easier and you get a fine grind. In medium bowl or in the bowl of the food processor, mix crust ingredients until blended. Press crust mixture evenly and firmly in bottom and up side of (well greased!) 9-inch glass pie plate.
- ☐ Bake 10 to 12 minutes or until firm. Cool completely, about 1 hour. In a 1-quart saucepan, mix water and lime juice.
- ☐ Sprinkle gelatin on lime juice mixture; let stand 1 minute.
- ☐ Heat over low heat, stirring constantly, until gelatin is dissolved. Cool slightly, about 2 minutes. In medium bowl, beat cream cheese with electric mixer on medium speed until smooth.
- ☐ Add yogurt and lime juice mixture; beat on medium speed until well blended. Fold in whipped topping and lime peel. At this point, do a taste test and see if you think it's sweet enough. I folded in a heaping tablespoon of powdered sugar and was happy with the results. Spoon into crust. Refrigerate until set, about 2 hours.

Nutrition Facts



■ PROTEIN 8.01% ■ FAT 47.25% ■ CARBS 44.74%

Properties

Glycemic Index:31.16, Glycemic Load:7.28, Inflammation Score:-6, Nutrition Score:8.929130450539%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 24.76mg, Hesperetin: 24.76mg, Hesperetin: 24.76mg, Hesperetin: 24.76mg Naringenin: 1.95mg, Naringenin: 1.95mg, Naringenin: 1.95mg, Naringenin: 1.95mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 152.36kcal (7.62%), Fat: 8.79g (13.52%), Saturated Fat: 5.47g (34.19%), Carbohydrates: 18.72g (6.24%), Net Carbohydrates: 15.28g (5.56%), Sugar: 7.04g (7.82%), Cholesterol: 22.8mg (7.6%), Sodium: 156.16mg (6.79%), Alcohol: 0.17g (100%), Alcohol %: 0.21% (100%), Protein: 3.35g (6.71%), Vitamin C: 17.21mg (20.86%), Folate: 74.73µg (18.68%), Manganese: 0.37mg (18.26%), Iron: 3.18mg (17.69%), Fiber: 3.44g (13.76%), Vitamin B2: 0.19mg (10.98%), Vitamin B12: 0.65µg (10.86%), Vitamin A: 536.18IU (10.72%), Vitamin B1: 0.15mg (10.32%), Vitamin B6: 0.2mg (10.15%), Selenium: 6.53µg (9.32%), Vitamin B3: 1.82mg (9.08%), Phosphorus: 82.48mg (8.25%), Magnesium: 28.35mg (7.09%), Copper: 0.11mg (5.49%), Calcium: 50.1mg (5.01%), Potassium: 156.12mg (4.46%), Zinc: 0.66mg (4.39%), Vitamin B5: 0.34mg (3.42%), Vitamin E: 0.43mg (2.87%), Vitamin D: 0.37µg (2.48%), Vitamin K: 1.29µg (1.23%)