



No-Bake Key Lime Yogurt Pie

READY IN



135 min.

SERVINGS



8

CALORIES



154 kcal

Ingredients

- ☐ 4 oz weight cream cheese fat-free softened (half of 8-oz package)
- ☐ 1.5 teaspoons gelatin powder unflavored
- ☐ 6 oz graham cracker crust reduced-fat
- ☐ 18 oz lime light thick yoplait®
- ☐ 1 tablespoon juice of lime fresh
- ☐ 2 teaspoons lime zest grated
- ☐ 2 tablespoons water cold
- ☐ 0.5 cup non-dairy whipped topping frozen thawed

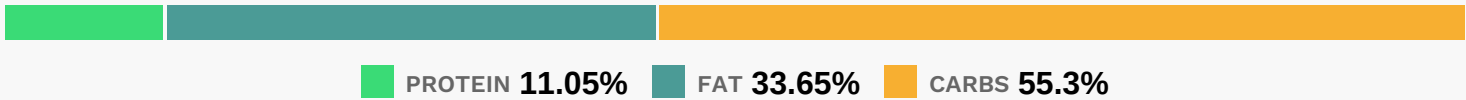
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ hand mixer

Directions

- ☐ In 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 low speed until well blended.
- ☐ Fold in whipped topping and lime peel.
- ☐ Pour into crust. Refrigerate until set, about 2 hours.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:1.58, Inflammation Score:-3, Nutrition Score:5.6026087377382%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 27.81mg, Hesperetin: 27.81mg, Hesperetin: 27.81mg, Hesperetin: 27.81mg Naringenin: 2.19mg, Naringenin: 2.19mg, Naringenin: 2.19mg, Naringenin: 2.19mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 154.17kcal (7.71%), Fat: 6.16g (9.48%), Saturated Fat: 1.7g (10.62%), Carbohydrates: 22.77g (7.59%), Net Carbohydrates: 20.56g (7.48%), Sugar: 6.85g (7.61%), Cholesterol: 1.79mg (0.6%), Sodium: 206.01mg (8.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.55g (9.1%), Vitamin C: 19.27mg (23.36%), Manganese: 0.28mg (14.12%), Phosphorus: 114.61mg (11.46%), Fiber: 2.21g (8.85%), Calcium: 81.25mg (8.12%), Folate: 24.48µg (6.12%), Vitamin B2: 0.1mg (6%), Copper: 0.11mg (5.6%), Iron: 0.98mg (5.45%), Vitamin K: 5.21µg (4.96%), Vitamin B1: 0.07mg (4.38%), Vitamin B3: 0.85mg (4.27%), Potassium: 136.05mg (3.89%), Vitamin E: 0.57mg (3.77%), Zinc: 0.56mg (3.71%), Magnesium: 12.55mg (3.14%), Vitamin B5: 0.3mg (3%), Selenium: 1.92µg (2.74%), Vitamin B6: 0.05mg (2.63%), Vitamin B12: 0.14µg (2.4%)