



No-Bake Key Lime Yogurt Pie

READY IN



135 min.

SERVINGS



8

CALORIES



512 kcal

Ingredients

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

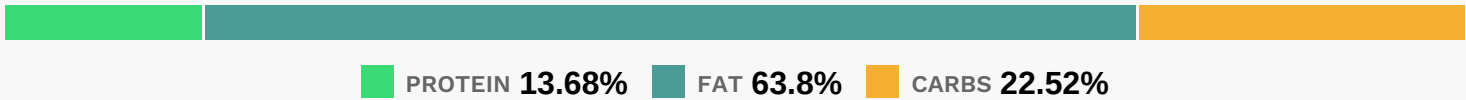
Equipment

- ☐ 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:5.75, Glycemic Load:1.58, Inflammation Score:-6, Nutrition Score:15.946086830419%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 512.33kcal (25.62%), Fat: 38.25g (58.84%), Saturated Fat: 7.73g (48.33%), Carbohydrates: 30.36g (10.12%), Net Carbohydrates: 26.86g (9.77%), Sugar: 12.11g (13.46%), Cholesterol: 2.45mg (0.82%), Sodium: 478.38mg (20.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.46g (36.91%), Manganese: 1.21mg (60.62%), Vitamin B3: 9.22mg (46.11%), Vitamin E: 6.22mg (41.44%), Phosphorus: 319.08mg (31.91%), Magnesium: 116.57mg (29.14%), Folate: 74.89µg (18.72%), Copper: 0.34mg (16.95%), Vitamin B6: 0.31mg (15.66%), Zinc: 2.12mg (14.11%), Fiber: 3.51g (14.02%), Vitamin B2: 0.24mg (13.87%), Potassium: 431.07mg (12.32%), Iron: 1.7mg (9.43%), Vitamin B1: 0.14mg (9.37%), Calcium: 93.19mg (9.32%), Vitamin B5: 0.84mg (8.37%), Selenium: 4.3µg (6.15%), Vitamin K: 4.88µg (4.65%), Vitamin B12: 0.2µg (3.4%)