



No-Bake Lime Chiffon Pie

READY IN



140 min.

SERVINGS



8

CALORIES



242 kcal

Ingredients

- ☐ 2 teaspoons gelatin powder unflavored
- ☐ 6 oz graham crackers
- ☐ 2 drops drop natural food coloring green
- ☐ 2 slices lime cut into quarters, if desired thin
- ☐ 0.3 cup juice of lime
- ☐ 1 teaspoon lime zest grated
- ☐ 0.5 cup condensed milk fat-free sweetened (from 14-oz can)
- ☐ 4 cups non-dairy whipped topping fat-free frozen thawed (from 12-oz container)
- ☐ 1 drop food coloring yellow

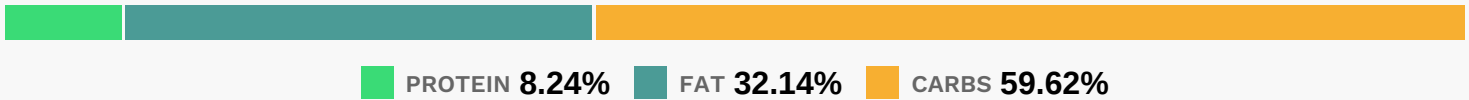
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ spatula

Directions

- ☐ In 1-quart saucepan, place lime juice; sprinkle with gelatin.
- ☐ Let stand 1 minute to soften.
- ☐ Heat over medium heat about 2 minutes, stirring occasionally, until gelatin is dissolved.
- ☐ Remove from heat; cool slightly. Stir in lime peel.
- ☐ In medium bowl, mix condensed milk and food colors. Stir in lime juice mixture. Using rubber spatula, fold in all but 1/4 cup of the whipped topping.
- ☐ Spread in pie crust, smoothing top. Cover; refrigerate at least 2 hours or until firm.
- ☐ Before serving, garnish pie with remaining 1/4 cup whipped topping and lime slices.

Nutrition Facts



Properties

Glycemic Index:24.88, Glycemic Load:17.81, Inflammation Score:-1, Nutrition Score:3.9752173715312%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 1.12mg, Hesperetin: 1.12mg, Hesperetin: 1.12mg, Hesperetin: 1.12mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 241.56kcal (12.08%), Fat: 8.71g (13.4%), Saturated Fat: 5.62g (35.13%), Carbohydrates: 36.36g (12.12%), Net Carbohydrates: 35.58g (12.94%), Sugar: 24.32g (27.03%), Cholesterol: 7.25mg (2.42%), Sodium: 193.58mg (8.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.03g (10.05%), Phosphorus: 120.98mg (12.1%), Calcium: 99.86mg (9.99%), Vitamin B2: 0.17mg (9.9%), Selenium: 4.14µg (5.91%), Iron: 0.98mg (5.42%), Magnesium: 21.2mg (5.3%), Vitamin B1: 0.08mg (5.07%), Potassium: 158.93mg (4.54%), Vitamin B3: 0.9mg (4.49%), Vitamin C: 3.67mg

(4.45%), Zinc: 0.64mg (4.27%), Folate: 14.36µg (3.59%), Fiber: 0.78g (3.11%), Vitamin B12: 0.16µg (2.65%), Vitamin B6: 0.04mg (2.13%), Copper: 0.04mg (1.88%), Vitamin A: 84.11IU (1.68%), Vitamin E: 0.24mg (1.61%), Vitamin B5: 0.16mg (1.58%), Vitamin K: 1.38µg (1.31%)