



## Our Key Lime Tart Is Creamy, Sweet-Tart Perfection

 Vegetarian

READY IN



180 min.

SERVINGS



8

CALORIES



348 kcal

DESSERT

### Ingredients

- 9 graham crackers (each)
- 2 tablespoons sugar
- 4 tablespoons butter unsalted melted
- 14 ounces condensed milk sweetened canned
- 0.8 cup bottled garlic fresh (from 4 to 6 limes)
- 4 large egg yolk
- 1 inch salt

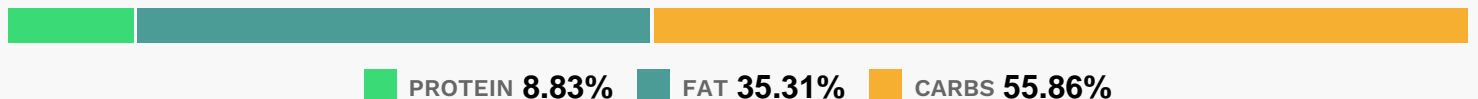
## Equipment

- oven
- stove

## Directions

- What's the difference between key lime and lemon meringue pie?
- The difference between key lime and lemon meringue pie (aside from the obvious lime vs. lemon) is in the crust and filling. Key lime pie is usually made with graham cracker crust; lemon meringue is made with traditional pie crust like pâte brisée. Key lime pie filling is made using sweetened condensed milk and eggs; lemon meringue filling is usually made on the stovetop with cooked eggs. And of course, lemon meringue pie is topped with swoops of sweet meringue; key lime tarts can be topped with whipped cream or lime zest, or left as is with no toppings.
- Do I have to bake the crust?
- Baking the crust isn't absolutely necessary, but since you're already turning on the oven we do recommend it. If you want to skip this step, make the crust as instructed, then pop it in the freezer to firm up while you work on the filling.
- Can I use regular pie crust?
- Yes, you use regular pie crust for this recipe if you'd prefer a more traditional pie crust instead of a graham cracker one. Be sure to blind-bake the pastry crust so that it remains crisp and flaky under the weight of the lime filling.
- Can I freeze key lime tart?
- We don't recommend freezing this key lime tart. Dairy (in this case, sweetened condensed milk) doesn't do well in the freezer—the extreme cold can change the texture of the filling.

## Nutrition Facts



## Properties

Glycemic Index:29.39, Glycemic Load:29.1, Inflammation Score:-4, Nutrition Score:9.6456522889759%

## Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

## **Nutrients (% of daily need)**

Calories: 348.19kcal (17.41%), Fat: 13.94g (21.45%), Saturated Fat: 7.4g (46.23%), Carbohydrates: 49.63g (16.54%), Net Carbohydrates: 48.63g (17.68%), Sugar: 33.88g (37.64%), Cholesterol: 123.72mg (41.24%), Sodium: 180.29mg (7.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.85g (15.69%), Phosphorus: 226.1mg (22.61%), Selenium: 15.34µg (21.91%), Calcium: 206.16mg (20.62%), Manganese: 0.38mg (18.95%), Vitamin B2: 0.32mg (18.61%), Vitamin B6: 0.35mg (17.3%), Vitamin C: 8.21mg (9.95%), Vitamin B1: 0.14mg (9.35%), Potassium: 311.89mg (8.91%), Vitamin A: 431.96IU (8.64%), Zinc: 1.23mg (8.21%), Vitamin B5: 0.77mg (7.66%), Iron: 1.36mg (7.54%), Magnesium: 28.3mg (7.08%), Vitamin B12: 0.4µg (6.6%), Folate: 25.99µg (6.5%), Vitamin D: 0.66µg (4.42%), Copper: 0.09mg (4.32%), Vitamin B3: 0.86mg (4.3%), Fiber: 1g (4.01%), Vitamin E: 0.48mg (3.19%), Vitamin K: 1.22µg (1.17%)