



Pepe's Cafe Key Lime Pie

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



399 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons powdered sugar
- ☐ 2 large egg whites
- ☐ 4 large egg yolk
- ☐ 1 graham cracker crumbs
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 cup cup heavy whipping cream
- ☐ 0.5 cup juice of lime fresh
- ☐ 0.3 cup sugar

- ☐ 14 ounce condensed milk sweetened canned
- ☐ 5 tablespoons butter unsalted melted

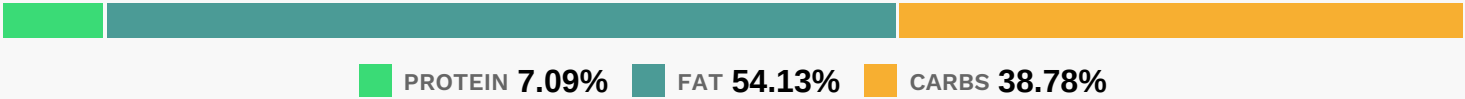
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ wire rack
- ☐ hand mixer
- ☐ stand mixer

Directions

- ☐ Arrange a rack in the middle of the oven and preheat to 350°F.
- ☐ In a medium bowl, stir together the graham cracker crumbs, sugar, and cinnamon.
- ☐ Drizzle with the melted butter and stir until well combined. Press the mixture evenly onto the bottom and up the sides of a 9-inch pie plate.
- ☐ Bake until set and golden brown, about 10 minutes.
- ☐ Transfer to a wire rack to cool completely. Leave the oven on.
- ☐ In the bowl of a stand mixer fitted with the whisk attachment, or a large mixing bowl with a whisk or hand mixer, beat the egg whites until they hold stiff peaks.
- ☐ In a large mixing bowl, whisk together the egg yolks and sweetened condensed milk.
- ☐ Add the lime juice and whisk until combined. Gently fold in about 1/3 of the egg whites to lighten the mixture then add the remaining egg whites and fold until just evenly combined. Gently spread the mixture in the pre-baked crust and bake until just set in the center, about 20 minutes.
- ☐ Transfer to a wire rack to cool completely then refrigerate at least 2 hours before serving. DO AHEAD: The pie can be baked and stored, covered, in the refrigerator, up to 3 days.
- ☐ In a medium bowl, combine the heavy cream and sugar and whisk until soft peaks form.
- ☐ Cut the pie into slices and top each with a dollop of whipped cream.

Nutrition Facts



Properties

Glycemic Index:26.26, Glycemic Load:21.3, Inflammation Score:-5, Nutrition Score:7.5447825245235%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 398.64kcal (19.93%), Fat: 24.54g (37.76%), Saturated Fat: 14.89g (93.05%), Carbohydrates: 39.56g (13.19%), Net Carbohydrates: 39.34g (14.31%), Sugar: 37.6g (41.78%), Cholesterol: 161.1mg (53.7%), Sodium: 95.99mg (4.17%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 7.23g (14.46%), Selenium: 14.81µg (21.16%), Vitamin B2: 0.35mg (20.74%), Vitamin A: 919.32IU (18.39%), Phosphorus: 183.3mg (18.33%), Calcium: 179.58mg (17.96%), Vitamin D: 1.17µg (7.77%), Vitamin B12: 0.45µg (7.57%), Vitamin B5: 0.75mg (7.47%), Potassium: 257.64mg (7.36%), Vitamin C: 6.02mg (7.29%), Vitamin E: 0.81mg (5.43%), Folate: 21.58µg (5.39%), Zinc: 0.78mg (5.19%), Vitamin B1: 0.07mg (4.81%), Magnesium: 18.37mg (4.59%), Vitamin B6: 0.07mg (3.66%), Manganese: 0.06mg (2.8%), Iron: 0.44mg (2.44%), Vitamin K: 2.09µg (1.99%), Copper: 0.03mg (1.32%)