



Praline Key Lime Pie

 Vegetarian

READY IN



430 min.

SERVINGS



8

CALORIES



901 kcal

DESSERT

Ingredients

- ☐ 0.3 cup firmly brown sugar light packed
- ☐ 0.5 cup butter melted
- ☐ 0.5 cup caramel topping jarred
- ☐ 6 egg yolks
- ☐ 2 cups graham cracker crumbs
- ☐ 1 cup juice of lime fresh
- ☐ 2 teaspoons lime zest
- ☐ 1.3 cups pecans chopped

- ☐ 0.3 cup powdered sugar
- ☐ 28 oz condensed milk sweetened canned
- ☐ 1.5 cups whipping cream

Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350
- ☐ Bake pecans in a single layer in a shallow pan 8 to 10 minutes or until toasted and fragrant, stirring halfway through.
- ☐ Stir together graham cracker crumbs, next 2 ingredients, and 1/2 cup toasted pecans until blended. Press crumb mixture on bottom, up sides, and onto lip of a lightly greased 10-inch deep-dish pie plate.
- ☐ Bake at 350 for 10 to 12 minutes or until lightly browned.
- ☐ Remove from oven to a wire rack, and cool completely (about 45 minutes).
- ☐ Sprinkle remaining 3/4 cup toasted pecans over bottom of crust; drizzle caramel topping over pecans.
- ☐ Whisk together sweetened condensed milk and next 3 ingredients. Gently pour into prepared crust.
- ☐ Bake at 350 for 20 to 25 minutes or until almost set. (The center will not be firm but will set up as it chills.) Cool completely on a wire rack (about 1 hour). Cover and chill 4 hours.
- ☐ Beat whipping cream at high speed with an electric mixer until foamy; gradually add powdered sugar, beating until soft peaks form. Dollop or spread over pie.

Nutrition Facts



Properties

Glycemic Index:28.38, Glycemic Load:44.33, Inflammation Score:-7, Nutrition Score:18.476956284564%

Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Delphinidin: 1.24mg, Delphinidin: 1.24mg, Delphinidin: 1.24mg, Delphinidin: 1.24mg Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg Epigallocatechin: 0.96mg, Epigallocatechin: 0.96mg, Epigallocatechin: 0.96mg, Epigallocatechin: 0.96mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.93mg, Hesperetin: 2.93mg, Hesperetin: 2.93mg, Hesperetin: 2.93mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 901.09kcal (45.05%), Fat: 54.21g (83.4%), Saturated Fat: 25.68g (160.47%), Carbohydrates: 95.25g (31.75%), Net Carbohydrates: 92.76g (33.73%), Sugar: 79.78g (88.64%), Cholesterol: 260.47mg (86.82%), Sodium: 424.94mg (18.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.72g (29.44%), Phosphorus: 432.68mg (43.27%), Manganese: 0.8mg (39.87%), Vitamin B2: 0.65mg (38.27%), Calcium: 377.64mg (37.76%), Selenium: 24.69µg (35.28%), Vitamin A: 1507.75IU (30.16%), Vitamin B1: 0.29mg (19.38%), Zinc: 2.57mg (17.13%), Potassium: 590.07mg (16.86%), Magnesium: 66.65mg (16.66%), Vitamin B5: 1.49mg (14.94%), Vitamin C: 12.33mg (14.94%), Vitamin B12: 0.82µg (13.68%), Copper: 0.25mg (12.64%), Folate: 49.66µg (12.41%), Iron: 1.98mg (11.02%), Vitamin D: 1.64µg (10.94%), Vitamin E: 1.56mg (10.4%), Fiber: 2.48g (9.94%), Vitamin B6: 0.19mg (9.26%), Vitamin B3: 1.29mg (6.45%), Vitamin K: 3.89µg (3.71%)