



Rum-Coconut Key Lime Pie

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



306 kcal

Ingredients

- ☐ 8 servings coconut crust
- ☐ 8 ounce cream cheese softened
- ☐ 0.5 cup juice of lime
- ☐ 1 tablespoon coconut or sweetened flaked toasted
- ☐ 14 ounce condensed milk sweetened canned

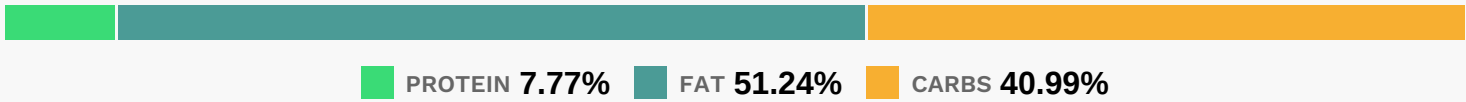
Equipment

- ☐ hand mixer

Directions

- ☐ Beat cream cheese and milk with an electric mixer at medium speed until smooth.
- ☐ Add lime juice and, if desired, rum, stirring to combine.
- ☐ Pour filling into Coconut Crust.
- ☐ Sprinkle evenly with coconut. Cover and chill at least 12 hours or until set.

Nutrition Facts



Properties

Glycemic Index:12.25, Glycemic Load:16.95, Inflammation Score:-4, Nutrition Score:6.3930434247722%

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: 306.09kcal (15.3%), Fat: 17.95g (27.61%), Saturated Fat: 11.91g (74.43%), Carbohydrates: 32.3g (10.77%), Net Carbohydrates: 31.16g (11.33%), Sugar: 29.61g (32.9%), Cholesterol: 45.5mg (15.17%), Sodium: 159.59mg (6.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.12g (12.24%), Calcium: 172.12mg (17.21%), Phosphorus: 171.12mg (17.11%), Vitamin B2: 0.28mg (16.24%), Selenium: 11.1µg (15.86%), Vitamin A: 520.76IU (10.42%), Manganese: 0.18mg (8.83%), Potassium: 281.45mg (8.04%), Vitamin C: 6.16mg (7.46%), Vitamin B5: 0.58mg (5.85%), Magnesium: 20.8mg (5.2%), Zinc: 0.74mg (4.96%), Vitamin B12: 0.28µg (4.68%), Fiber: 1.14g (4.57%), Vitamin B1: 0.06mg (4.12%), Copper: 0.07mg (3.28%), Folate: 12.18µg (3.04%), Vitamin B6: 0.05mg (2.64%), Vitamin E: 0.38mg (2.54%), Iron: 0.41mg (2.28%), Vitamin B3: 0.22mg (1.09%)