



Spiked Strawberry-Lime Ice-Cream Pie

READY IN



30 min.

SERVINGS



12

CALORIES



208 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 2 tablespoons granulated sugar
- ☐ 12 servings lime zest fresh whole
- ☐ 6 ounce limeade concentrate frozen thawed canned
- ☐ 0.3 cup orange liqueur
- ☐ 0.5 cup powdered sugar
- ☐ 4 cups pretzel twists
- ☐ 16 ounce strawberries fresh stemmed (1 quart)
- ☐ 1 container strawberry ice cream (1/2-gallon)

☐ 0.5 cup tequila

Equipment

☐ food processor

☐ bowl

☐ frying pan

☐ oven

☐ wire rack

☐ springform pan

Directions

☐ Process first 3 ingredients in a food processor until pretzels are finely crushed. Firmly press mixture onto bottom of a lightly greased 10-inch springform pan.

☐ Bake at 350 for 10 minutes. Cool completely in pan on a wire rack.

☐ Let strawberry ice cream stand at room temperature 20 minutes or until slightly softened.

☐ Process strawberries and powdered sugar in food processor until pureed, stopping to scrape down sides.

☐ Place ice cream in a large bowl; cut into large (3-inch) pieces. Fold strawberry mixture, limeade concentrate, tequila, and orange liqueur into ice cream until well blended. Spoon mixture into prepared crust in springform pan. Freeze 3 hours or until firm.

☐ Let stand 10 minutes at room temperature before serving.

☐ Garnish, if desired.

☐ Note: For testing purposes only, we used Blue Bell Ice Cream and Triple Sec orange liqueur.

☐ Strawberry-Lime Ice-Cream Pie: Omit tequila and orange liqueur, and add 1 (6-ounce) can frozen orange juice concentrate, partially thawed. Proceed with recipe as directed.

☐ Let stand 15 minutes at room temperature before serving.

☐ Garnish, if desired.

Nutrition Facts



 **PROTEIN 3.9%**  **FAT 40.94%**  **CARBS 55.16%**

Properties

Glycemic Index:24.17, Glycemic Load:11.34, Inflammation Score:-4, Nutrition Score:4.3686957268611%

Flavonoids

Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Pelargonidin: 9.39mg, Pelargonidin: 9.39mg, Pelargonidin: 9.39mg, Pelargonidin: 9.39mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 207.54kcal (10.38%), Fat: 8.23g (12.66%), Saturated Fat: 4.93g (30.83%), Carbohydrates: 24.95g (8.32%), Net Carbohydrates: 23.68g (8.61%), Sugar: 12.53g (13.93%), Cholesterol: 20.36mg (6.79%), Sodium: 237.97mg (10.35%), Alcohol: 4.62g (100%), Alcohol %: 5.94% (100%), Protein: 1.76g (3.53%), Vitamin C: 23.26mg (28.19%), Manganese: 0.28mg (14.06%), Folate: 35.23µg (8.81%), Fiber: 1.27g (5.07%), Vitamin A: 241.67IU (4.83%), Vitamin B1: 0.07mg (4.74%), Iron: 0.82mg (4.57%), Vitamin B3: 0.91mg (4.54%), Vitamin B2: 0.06mg (3.63%), Phosphorus: 30.58mg (3.06%), Potassium: 96.1mg (2.75%), Vitamin E: 0.4mg (2.65%), Magnesium: 9.71mg (2.43%), Copper: 0.05mg (2.39%), Vitamin K: 1.9µg (1.81%), Vitamin B6: 0.03mg (1.48%), Zinc: 0.22mg (1.45%), Selenium: 0.95µg (1.35%), Calcium: 12.98mg (1.3%), Vitamin B5: 0.11mg (1.1%)