



White Chocolate-Key Lime Pie

READY IN



45 min.

SERVINGS



8

CALORIES



1275 kcal

DESSERT

Ingredients

- ☐ 9 inch ready-made graham cracker crust prepared your favorite
- ☐ 1 slices garnish: lime
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 teaspoon lime rind grated
- ☐ 1 tablespoon cup heavy whipping cream sour
- ☐ 1 cup whipping cream
- ☐ 11 ounce chocolate morsels white

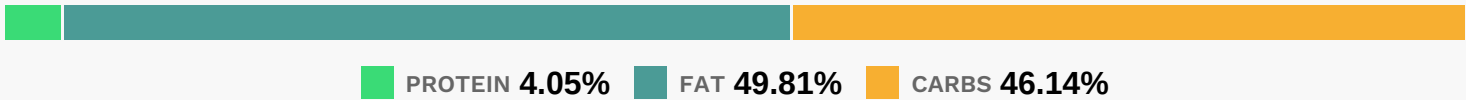
Equipment

☐ sauce pan

Directions

- ☐ Combine cream and white chocolate morsels in a medium saucepan over low heat. Cook 5 minutes or until morsels melt, stirring constantly.
- ☐ Remove from heat.
- ☐ Add sour cream, lime rind, and juice; stir well.
- ☐ Pour into crust. Cover and chill at least 8 hours.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:16.13, Inflammation Score:-6, Nutrition Score:21.745652302452%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 1.39mg, Hesperetin: 1.39mg, Hesperetin: 1.39mg, Hesperetin: 1.39mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 1275.25kcal (63.76%), Fat: 70.98g (109.2%), Saturated Fat: 24.12g (150.75%), Carbohydrates: 147.93g (49.31%), Net Carbohydrates: 144.15g (52.42%), Sugar: 58.72g (65.25%), Cholesterol: 42.69mg (14.23%), Sodium: 944.59mg (41.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.97g (25.95%), Manganese: 2.47mg (123.34%), Vitamin K: 46.28µg (44.08%), Vitamin B2: 0.58mg (33.97%), Vitamin B3: 6.49mg (32.43%), Folate: 129.42µg (32.35%), Phosphorus: 312.38mg (31.24%), Iron: 5.11mg (28.4%), Vitamin E: 4.22mg (28.11%), Vitamin B1: 0.39mg (25.7%), Copper: 0.46mg (22.84%), Zinc: 2.76mg (18.43%), Calcium: 155.97mg (15.6%), Fiber: 3.78g (15.13%), Magnesium: 51.77mg (12.94%), Selenium: 7.69µg (10.98%), Potassium: 370.68mg (10.59%), Vitamin A: 465.88IU (9.32%), Vitamin B6: 0.18mg (9.13%), Vitamin B5: 0.67mg (6.73%), Vitamin C: 3.74mg (4.53%), Vitamin B12: 0.27µg (4.48%), Vitamin D: 0.48µg (3.17%)