

Whipped Key Lime Pie

*Best Loved Desserts - 2013 Cookbook
Better Homes and Gardens Magazine*

Servings: 8

*1 1/4 cups (about 18) finely crushed
graham cracker squares
1/4 cup sugar
1/3 cup butter, melted
1 can (14 ounce) sweetened condensed
milk
1 teaspoon finely shredded Key Lime
peel or lime peel
1/2 cup Key Lime juice or lime juice
2 cups whipping cream
finely shredded Key Lime peel or lime
peel (optional)*

Preparation Time: 25 minutes

Freeze Time: 2 hours

For the crust: In a medium bowl, combine the graham crackers and sugar. Drizzle with the melted butter. Toss gently to coat. Press the mixture evenly onto the bottom and sides of a nine-inch pie plate. Cover and chill about one hour or until firm.

For the filling: In a medium bowl, combine the sweetened condensed milk, lime peel and lime juice.

In another medium bowl, beat one cup of the whipping cream with an electric mixer on medium until soft peaks form (tips curl). Fold the whipped cream into the lime mixture. Spoon the filling evenly into the crust. Cover and freeze for two to four hours or until firm. Keep the remaining cream chilled until ready to serve.

To serve, remove the pie from the freezer. In a medium bowl, beat the remaining one cup of whipping cream on medium until soft peaks form (tips curl). Spread the whipped cream over the filling. If desired, sprinkle with additional lime peel.

Per Serving (excluding unknown items): 413 Calories; 32g Fat (68.7% calories from fat); 4g Protein; 29g Carbohydrate; 0g Dietary Fiber; 113mg Cholesterol; 141mg Sodium. Exchanges: 0 Non-Fat Milk; 6 1/2 Fat; 2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	413
% Calories from Fat:	68.7%
% Calories from Carbohydrates:	27.2%
% Calories from Protein:	4.1%
Total Fat (g):	32g
Saturated Fat (g):	20g
Monounsaturated Fat (g):	9g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	113mg
Carbohydrate (g):	29g
Dietary Fiber (g):	0g
Protein (g):	4g
Sodium (mg):	141mg
Potassium (mg):	189mg
Calcium (mg):	149mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	1mg
Vitamin A (i.u.):	1260IU
Vitamin A (r.e.):	352 1/2RE

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.3mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	7mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Deficient:	n n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	6 1/2
Other Carbohydrates:	2

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories	413	Calories from Fat: 284
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% Daily Values*

Total Fat	32g	50%
Saturated Fat	20g	100%
Cholesterol	113mg	38%
Sodium	141mg	6%
Total Carbohydrates	29g	10%
Dietary Fiber	0g	0%
Protein	4g	

Vitamin A	25%
Vitamin C	2%
Calcium	15%
Iron	1%

* Percent Daily Values are based on a 2000 calorie diet.