

# Classic Key Lime Pie

McCormick & Company, Inc.

## Servings: 8

*1 can (14 ounce) sweetened condensed milk*

*1/3 cup fresh lime juice*

*3 tablespoons sour cream*

*1 teaspoon freshly grated lime peel*

*1 nine-inch graham cracker pie crust*

*1/2 pint (one cup) heavy cream*

*2 tablespoons powdered sugar*

*1/2 teaspoon McCormick pure*

*vanilla extract*

## Preparation Time: 30 minutes

## Cook Time: 10 minutes

Preheat the oven to 325 degrees.

In a medium bowl, whisk the condensed milk, lime juice and sour cream until blended. Stir in the lime peel.

Place the crust on a baking sheet. Pour the filling into the crust.

Bake on the baking sheet for 8 to 10 minutes or until tiny bubbles begin to form on the surface of the pie. Cool completely on a wire rack.

In a medium bowl, beat the cream, powdered sugar and vanilla extract with an electric mixer on medium speed until stiff peaks form.

Top the pie with whipped cream.

Chill for at least one hour before serving.

Garnish as desired.

---

Per Serving (excluding unknown items): 196 Calories; 10g Fat (44.7% calories from fat); 4g Protein; 24g Carbohydrate; trace Dietary Fiber; 36mg Cholesterol; 57mg Sodium. Exchanges: 0 Fruit; 0 Non-Fat Milk; 2 Fat; 1 1/2 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

Calories (kcal):

196

Vitamin B6 (mg):

trace

|                                |           |
|--------------------------------|-----------|
| % Calories from Fat:           | 44.7%     |
| % Calories from Carbohydrates: | 48.3%     |
| % Calories from Protein:       | 7.1%      |
| Total Fat (g):                 | 10g       |
| Saturated Fat (g):             | 6g        |
| Monounsaturated Fat (g):       | 3g        |
| Polyunsaturated Fat (g):       | trace     |
| Cholesterol (mg):              | 36mg      |
| Carbohydrate (g):              | 24g       |
| Dietary Fiber (g):             | trace     |
| Protein (g):                   | 4g        |
| Sodium (mg):                   | 57mg      |
| Potassium (mg):                | 172mg     |
| Calcium (mg):                  | 125mg     |
| Iron (mg):                     | trace     |
| Zinc (mg):                     | trace     |
| Vitamin C (mg):                | 4mg       |
| Vitamin A (i.u.):              | 388IU     |
| Vitamin A (r.e.):              | 113 1/2RE |

|                     |       |
|---------------------|-------|
| Vitamin B12 (mcg):  | .2mcg |
| Thiamin B1 (mg):    | trace |
| Riboflavin B2 (mg): | .2mg  |
| Folacin (mcg):      | 6mcg  |
| Niacin (mg):        | trace |
| Caffeine (mg):      | 0mg   |
| Alcohol (kcal):     | 0     |
| % Refuse:           | 0.0%  |

### Food Exchanges

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

### Nutrition Facts

Servings per Recipe: 8

#### Amount Per Serving

**Calories** 196 Calories from Fat: 87

#### % Daily Values\*

|                                |     |
|--------------------------------|-----|
| <b>Total Fat</b> 10g           | 15% |
| Saturated Fat 6g               | 31% |
| <b>Cholesterol</b> 36mg        | 12% |
| <b>Sodium</b> 57mg             | 2%  |
| <b>Total Carbohydrates</b> 24g | 8%  |
| Dietary Fiber trace            | 0%  |
| <b>Protein</b> 4g              |     |
| <hr/>                          |     |
| <b>Vitamin A</b>               | 8%  |
| <b>Vitamin C</b>               | 7%  |
| <b>Calcium</b>                 | 13% |
| <b>Iron</b>                    | 0%  |

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