

Ginger Lime Pie

The Sedgewick Inn - Berlin, NY

The Great Country Inns of America Cookbook (2nd ed) (1992)

Servings: 6

ginger snaps

2 tablespoons butter, melted

juice and grated rind of two limes

4 tablespoons sweetened condensed milk

3 cups heavy cream

1/2 cup superfine sugar

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To make the crust for a nine- or ten-inch pie, process 12 to 14 ginger snaps, toss with the melted butter and press into the bottom and up the sides of a pie tin.

Place in the freezer until ready to use.

To make the filling: In a chilled mixing bowl, combine the lime juice, lime rind, condensed milk, cream and sugar. Beat until stiff. Pour into the pie crust.

Chill until firm.

(This pie is especially good when served with raspberry sauce.)

Per Serving (excluding unknown items): 485 Calories; 49g Fat (88.9% calories from fat); 3g Protein; 10g Carbohydrate; 0g Dietary Fiber; 178mg Cholesterol; 100mg Sodium. Exchanges: 1/2 Non-Fat Milk; 10 Fat; 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	485	Vitamin B6 (mg):	trace
% Calories from Fat:	88.9%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	8.3%	Thiamin B1 (mg):	trace
% Calories from Protein:	2.8%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	49g	Folacin (mcg):	6mcg
Saturated Fat (g):	30g	Niacin (mg):	trace
Monounsaturated Fat (g):	14g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0

Cholesterol (mg):	178mg
Carbohydrate (g):	10g
Dietary Fiber (g):	0g
Protein (g):	3g
Sodium (mg):	100mg
Potassium (mg):	138mg
Calcium (mg):	114mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	1mg
Vitamin A (i.u.):	1936IU
Vitamin A (r.e.):	549 1/2RE

% Refuse: 0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	1/2
Fat:	10
Other Carbohydrates:	1/2

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 485 **Calories from Fat:** 431

% Daily Values*

Total Fat 49g	75%
Saturated Fat 30g	152%
Cholesterol 178mg	59%
Sodium 100mg	4%
Total Carbohydrates 10g	3%
Dietary Fiber 0g	0%
Protein 3g	
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Vitamin A	39%
Vitamin C	2%
Calcium	11%
Iron	0%

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