

# Key-Lime Ice Cream Pie

Marian Cooper Cairns  
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## Servings: 8

### CRUST

1 package (8.8 ounce) crisp, gourmet cookies (such as Lotus Biscoff)

1/3 cup butter, melted

### FILLING

1 jar (10 ounce) lemon curd, divided

1 quart Avocado-Key Lime Pie Ice Cream (see recipe under Desserts/ Ice Cream)

### TOPPING

2 cups whipping cream

1/4 cup powdered sugar

1/8 teaspoon coconut extract

macadamia nuts

Key Lime slices

For the crust: Process the cookies in a food processor until finely ground. Stir together the cookie crumbs and the butter. Press the mixture on the bottom and up the sides of a lightly greased nine-inch pie plate. Freeze for 30 minutes or until set.

For the filling: Spread half of the lemon curd on the bottom of the crust. Freeze for 10 minutes.

Spread half of the Avocado-Key Lime Pie Ice Cream over the lemon curd. Freeze for 15 minutes.

Repeat the layers with the remaining lemon curd and ice cream. Freeze as directed above after each layer.

For the topping: In a bowl, beat the whipping cream, powdered sugar and coconut extract at medium speed with an electric mixer until soft peaks form. Spread over the top of the pie. Top with macadamia nuts, coconut curls and Key Lime slices.

*Simply pick a cookie crust, add a homemade (or store-bought) ice cream and top with sweetened whipped cream and summer fruit or sundae toppings. Just be sure to freeze the pie after adding each layer to ensure easy assembly and a layered look.*

*No ice cream maker? No problem. Simply substitute one quart of store-bought ice cream (two cups for each layer) in the pie. Try any flavor, ice cream, gelato or yogurt.*

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Per Serving (excluding unknown items): 287 Calories; 30g Fat (90.9% calories from fat); 1g Protein; 5g Carbohydrate; 0g Dietary Fiber; 102mg Cholesterol; 100mg Sodium. Exchanges: 0 Non-Fat Milk; 6 Fat; 1/2 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

Calories (kcal):

287

Vitamin B6 (mg):

trace

% Calories from Fat:	90.9%
% Calories from Carbohydrates:	7.4%
% Calories from Protein:	1.8%
Total Fat (g):	30g
Saturated Fat (g):	18g
Monounsaturated Fat (g):	9g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	102mg
Carbohydrate (g):	5g
Dietary Fiber (g):	0g
Protein (g):	1g
Sodium (mg):	100mg
Potassium (mg):	47mg
Calcium (mg):	41mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	trace
Vitamin A (i.u.):	1161IU
Vitamin A (r.e.):	321 1/2RE

Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	2mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

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### Food Exchanges

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

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## Nutrition Facts

Servings per Recipe: 8

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### Amount Per Serving

**Calories** 287                      **Calories from Fat:** 261

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#### % Daily Values\*

<b>Total Fat</b> 30g	46%
Saturated Fat 18g	92%
<b>Cholesterol</b> 102mg	34%
<b>Sodium</b> 100mg	4%
<b>Total Carbohydrates</b> 5g	2%
Dietary Fiber 0g	0%
<b>Protein</b> 1g	
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<b>Vitamin A</b>	23%
<b>Vitamin C</b>	1%
<b>Calcium</b>	4%
<b>Iron</b>	0%

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