

Key Lime Dessert

Bev Lachenmayer

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1 cup flour
1/2 cup butter, softened
8 ounces cream cheese, softened
1 cup powdered sugar
4 cups Cool Whip Lite®
4 egg yolks
1 cup sweetened condensed milk
1/2 cup lime juice
1 egg white, beaten
chopped walnuts

Preheat the oven to 350 degrees.

In a bowl, mix the flour and butter together. Pat into a 9x13-inch pan.

Bake for 15 minutes. Cool.

In a bowl, combine the cream cheese and powdered sugar. Beat well and add two cups of the Cool Whip. Spread on the cooled crust.

In a bowl, combine the condensed milk, egg yolks and lime juice. Mix well and add one beaten egg white. Beat again and layer on top of the cream cheese mixture.

In a bowl, combine two cups of the Cool Whip with the walnuts. Spread on top.

Refrigerate for several hours or freeze for one hour.

This dessert is made in four layers.

Per Serving (excluding unknown items): 4436 Calories; 252g Fat (51.4% calories from fat); 70g Protein; 464g Carbohydrate; 4g Dietary Fiber; 1451mg Cholesterol; 2276mg Sodium. Exchanges: 6 1/2 Grain(Starch); 4 Lean Meat; 1/2 Fruit; 47 1/2 Fat; 23 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	4436	Vitamin B6 (mg):	.6mg
% Calories from Fat:	51.4%	Vitamin B12 (mcg):	4.5mcg
% Calories from Carbohydrates:	42.2%	Thiamin B1 (mg):	1.4mg

% Calories from Protein: 6.4%
 Total Fat (g): 252g
 Saturated Fat (g): 130g
 Monounsaturated Fat (g): 64g
 Polyunsaturated Fat (g): 11g
 Cholesterol (mg): 1451mg
 Carbohydrate (g): 464g
 Dietary Fiber (g): 4g
 Protein (g): 70g
 Sodium (mg): 2276mg
 Potassium (mg): 2073mg
 Calcium (mg): 1231mg
 Iron (mg): 12mg
 Zinc (mg): 7mg
 Vitamin C (mg): 44mg
 Vitamin A (i.u.): 10143IU
 Vitamin A (r.e.): 2866RE

Riboflavin B2 (mg): 2.9mg
 Folacin (mcg): 208mcg
 Niacin (mg): 8mg
 Caffeine (mg): 0mg
 Alcohol (kcal): 0
 % Deficient: 0.0%

Food Exchanges

Grain (Starch): 6 1/2
 Lean Meat: 4
 Vegetable: 0
 Fruit: 1/2
 Non-Fat Milk: 0
 Fat: 47 1/2
 Other Carbohydrates: 23

Nutrition Facts

Amount Per Serving

Calories 4436 Calories from Fat: 2282

% Daily Values*

Total Fat	252g	387%
Saturated Fat	130g	652%
Cholesterol	1451mg	484%
Sodium	2276mg	95%
Total Carbohydrates	464g	155%
Dietary Fiber	4g	16%
Protein	70g	
Vitamin A		203%
Vitamin C		73%
Calcium		123%
Iron		65%

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