

PREPARATION: 15 MINUTES | SERVINGS: 6

NO-BAKE MINI KEY LIME PIES

INGREDIENTS

- | | |
|--|---|
| <u>10 tablespoons graham cracker crumbs</u> | <u>½ cup powdered sugar</u> |
| <u>5 teaspoons unsalted trans fat-free margarine, melted</u> | <u>Two 5.3 oz containers lite key lime yogurt</u> |
| <u>8 oz fat-free cream cheese, softened</u> | <u>2 tablespoons lime juice</u> |
| | <u>¼ teaspoon lime zest</u> |
| | <u>5 tablespoons lite whipped topping</u> |

PREPARATION

- 1 In a small mixing bowl, add graham cracker crumbs and melted margarine. Mix to combine.
- 2 Divide graham crumb mixture between 6 ramekin dishes and press firmly in the bottom.
- 3 In a mixing bowl or stand mixer, cream together the cream cheese and powdered sugar. Add yogurt, lime juice, and lime zest. Continue to mix until mixture is smooth and creamy.
- 4 Divide the key lime mixture between the 6 ramekins.
- 5 Refrigerate until dessert sets, approximately two hours. Garnish each dessert with whipped topping.



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Nutrient Analysis

PER SERVING	
½ of recipe	
Renal/Diabetic exchanges:	
1 Starch + 2 Fat*	
1 Carbohydrate	
Calories	221Kcal
Protein	5g
Total Carbohydrate	26g
Fiber	0g
Sugars	18g
Fat	11g
Saturated	5g
Cholesterol	23mg
Sodium	210mg
Potassium	192mg
Phosphorus	109mg
Calcium	120mg
Iron	0mg
Magnesium	8mg
Vitamin C	2mg

Diet Types

- | | |
|--|---|
| <input checked="" type="checkbox"/> CKD Non-Dialysis | <input checked="" type="checkbox"/> Dialysis/Diabetes |
| <input checked="" type="checkbox"/> Dialysis | <input checked="" type="checkbox"/> Transplant |

POTASSIUM CHECK ✓

Low-Potassium Desserts

Desserts are a welcome treat after meals or during the holidays. Depending on the type of dessert, sweets can contain high amounts of potassium. While it is unrealistic to never eat dessert as part of your kidney diet, planning ahead can allow you to curb your sweet tooth and stay within your nutritional goals. Consider the following tips when selecting a treat:

- **PIE:** Depending on the ingredients, the amount of potassium in a slice of pie can add up quickly. Avoid high-potassium pecan and pumpkin pie. Instead, try a slice of fruit pie, like apple or cherry.
- **ICE CREAM:** Milk naturally contains potassium and one 8-ounce portion of ice cream can contain over 300 milligrams depending on the ingredients. Replace milk-based desserts with fruit ice or popsicles for a cold, lower-potassium treat.
- **CHOCOLATE:** Even a small portion of milk chocolate can contain over 200 milligrams of potassium. Eat chocolate only on special occasions. Instead, choose sugar-free hard or sour candies sparingly.
- **NUTS:** While often found as a topping or mixed into a dessert, nuts are a high-potassium food. A one-ounce portion of almonds has about 200 milligrams of potassium. Choose desserts and candy without nuts to limit unnecessary potassium in your diet.

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