

NO-BAKE MINI KEY LIME PIES

INGREDIENTS

10 tablespoons graham
cracker crumbs

5 teaspoons unsalted
trans fat-free margarine,
melted

8 oz fat-free cream cheese,
softened

½ cup powdered sugar

Two 5.3 oz containers
lite key lime yogurt

2 tablespoons lime juice

¼ teaspoon lime zest

5 tablespoons lite
whipped topping

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

% 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

CKD Non-Dialysis Dialysis/Diabetes

Dialysis 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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