

Prep Time: 20 minutes
Cook Time: 20 minutes
Chill Time: 4 hours (minimum)
Total Time: 4 hours 40 minutes

Table of Contents

- ◆
- [A Note on Flavor and Texture](#)
- [Ingredients](#)
 - [For the Crust:](#)
 - [For the Filling:](#)
 - [For the Topping \(Optional\):](#)
- [Equipment](#)
- [Instructions](#)
 - [Step 1: Prepare the Crust \(Intensity: Low\)](#)
 - [Step 2: Create the Filling \(Intensity: Medium\)](#)
 - [Step 3: Chill and Set \(Intensity: None\)](#)
 - [Step 4: Prepare the Topping and Serve \(Intensity: Low\)](#)
- [Nutrition Information](#)

A Note on Flavor and Texture

Key lime pie is a classic American dessert known for its vibrant, tart flavor and creamy texture. However, a traditional version relies on a graham cracker crust and a can of sweetened condensed milk, both of which are packed with sugar. This low-carb recipe reimagines the classic to be keto-friendly and diabetic-friendly without sacrificing that iconic pucker-up taste.

We achieve this by swapping the graham cracker crust for a buttery, nutty almond flour and

pecan crust. The filling's sweetness and creaminess come from a combination of full-fat cream cheese, heavy whipping cream, and a low-carb sweetener, creating a rich, velvety texture that mimics the original. The star of the show, of course, is the fresh lime juice, which provides the essential tartness. This pie is a refreshing, satisfying dessert that proves you don't need sugar to enjoy a spectacular treat.

Ingredients

For the Crust:

- 1 ½ cups (150g) almond flour
- ½ cup (50g) pecans, finely chopped
- 3 tablespoons (43g) unsalted butter, melted
- 2 tablespoons (25g) granulated erythritol or allulose sweetener (adjust to taste)
- ¼ teaspoon salt
- 1 large egg white, lightly beaten

For the Filling:

- 8 oz (225g) full-fat cream cheese, softened to room temperature
- ½ cup (100g) granulated erythritol or allulose sweetener
- ½ cup (120ml) heavy whipping cream
- ½ cup (120ml) fresh lime juice (from about 8-10 Key limes or 4-5 regular limes)
- 1 tablespoon (6g) lime zest (from about 2 limes)
- 1 teaspoon vanilla extract
- Pinch of salt

For the Topping (Optional):

- 1 cup (240ml) heavy whipping cream
- 2 tablespoons (25g) powdered erythritol or allulose sweetener
- ½ teaspoon vanilla extract
- Extra lime zest and thin lime slices for garnish

Equipment

- 9-inch pie dish
- Food processor (optional, for crust)
- Mixing bowls
- Electric hand mixer or stand mixer
- Whisk
- Spatula
- Measuring cups and spoons
- Citrus juicer and zester

Instructions

Step 1: Prepare the Crust (Intensity: Low)

1. Preheat your oven to 350°F (175°C). Lightly grease a 9-inch pie dish with butter or coconut oil.
2. In a medium bowl, combine the almond flour, finely chopped pecans, granulated sweetener, and salt. Stir until evenly mixed.
3. Pour in the melted butter and the lightly beaten egg white. Mix with a fork or your hands until the mixture resembles coarse, moist crumbs and holds together when pressed.
4. Press the mixture firmly and evenly into the bottom and up the sides of the prepared pie dish. Use the flat bottom of a measuring cup to help press it down and create a compact, even layer.
5. Bake for 10-12 minutes, or until the crust is lightly golden and fragrant. Keep an eye on it to prevent burning.
6. Remove the crust from the oven and let it cool completely on a wire rack while you prepare the filling.

Step 2: Create the Filling (Intensity: Medium)

1. In a large mixing bowl, beat the softened cream cheese with an electric mixer until it is smooth and creamy, about 1-2 minutes.

2. Add the granulated sweetener and beat again until well incorporated, scraping down the sides of the bowl as needed.
3. With the mixer on low speed, slowly pour in the heavy whipping cream. Once incorporated, increase the speed to medium-high and beat until the mixture is light and fluffy, about 2-3 minutes.
4. Reduce the speed to low and add the fresh lime juice, lime zest, vanilla extract, and a pinch of salt. Be careful: the mixture may curdle slightly as the acid from the lime juice hits the dairy. Mix just until everything is combined and smooth. Do not overmix.
5. Pour the filling into the completely cooled pie crust and smooth the top with a spatula.

Step 3: Chill and Set (Intensity: None)

1. Cover the pie loosely with plastic wrap, ensuring the wrap doesn't touch the surface of the filling.
2. Refrigerate for at least 4 hours, or preferably overnight. This is a crucial step to allow the pie to set properly and for the flavors to meld together.

Step 4: Prepare the Topping and Serve (Intensity: Low)

1. Just before serving, make the whipped cream topping. In a chilled bowl, beat the heavy whipping cream with an electric mixer on high speed until soft peaks form.

2. Add the powdered sweetener and vanilla extract and continue to beat until stiff peaks form.
3. Spoon or pipe the whipped cream decoratively over the chilled pie.
4. Garnish with extra lime zest and thin lime slices, if desired.
5. Slice and serve immediately. Store leftovers in the refrigerator, covered, for up to 4 days.

Nutrition Information

Disclaimer: The following nutritional information is an estimate per serving (1 slice, 1/8th of the pie) without the optional whipped cream topping. It is calculated using an online nutrition tracker and may vary based on specific ingredients and brands used. Erythritol and allulose are sugar alcohols that are not fully absorbed by the body, so their impact on blood sugar and net carbs is minimal.

- Calories: 340 kcal
- Total Fat: 32g
- Saturated Fat: 13g
- Cholesterol: 60mg

- Sodium: 180mg
- Total Carbohydrates: 9g
- Dietary Fiber: 3g
- Sugars: 2g
- Sugar Alcohols: 4g
- Net Carbs: 2g
- Protein: 6g