



Angel Pie



Vegetarian



Gluten Free

READY IN



180 min.

SERVINGS



10

CALORIES



161 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon cream of tartar
- ☐ 4 egg whites
- ☐ 4 egg yolks
- ☐ 1.1 cups heavy cream
- ☐ 0.3 cup juice of lemon
- ☐ 1 teaspoon lemon zest
- ☐ 0.5 cup sugar white

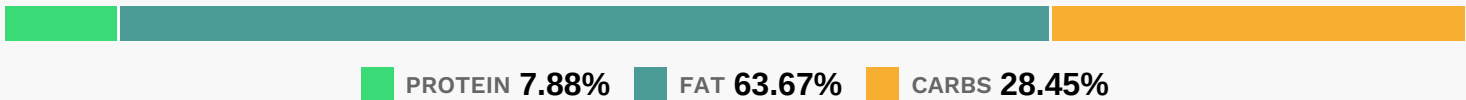
Equipment

- ☐ oven
- ☐ double boiler

Directions

- ☐ Preheat oven to 250 degrees F (120 degrees C).
- ☐ Beat egg whites until stiff.
- ☐ Add cream of tartar and gradually add 1 cup sugar; beat until glossy. Turn the meringue into a well-greased 10 inch pie plate.
- ☐ Spread over bottom and sides of plate, building up the sides 1/2 inch above the edge of the plate.
- ☐ Place in oven, and bake 1 1/2 hours. Turn off oven, and leave meringue inside to cool slowly.
- ☐ Combine egg yolks, 1/2 cup sugar, 2 teaspoons zest, and lemon juice in double boiler. Cook and stir over medium low heat until thick. Cool thoroughly.
- ☐ Whip cold cream until stiff.
- ☐ Place half of the whipped cream in the meringue shell. Cover with a layer of the lemon filling and top with the remainder of the whipped cream. This top layer can be put on with a decorative tube.
- ☐ Garnish with remaining lemon zest. Refrigerate.

Nutrition Facts



Properties

Glycemic Index:7.01, Glycemic Load:6.98, Inflammation Score:-3, Nutrition Score:3.0726086749979%

Flavonoids

Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 1.18mg, Hesperetin: 1.18mg, Hesperetin: 1.18mg, Hesperetin: 1.18mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 161.04kcal (8.05%), Fat: 11.65g (17.92%), Saturated Fat: 6.85g (42.81%), Carbohydrates: 11.71g (3.9%), Net Carbohydrates: 11.66g (4.24%), Sugar: 11.1g (12.33%), Cholesterol: 108.02mg (36.01%), Sodium: 30.84mg (1.34%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.24g (6.49%), Selenium: 7.3µg (10.44%), Vitamin A: 498IU (9.96%), Vitamin B2: 0.14mg (8.49%), Vitamin D: 0.82µg (5.45%), Phosphorus: 46.09mg (4.61%), Vitamin C: 3.57mg (4.32%), Folate: 13.72µg (3.43%), Vitamin B12: 0.19µg (3.23%), Vitamin B5: 0.32mg (3.18%), Vitamin E: 0.44mg (2.97%), Calcium: 28.66mg (2.87%), Potassium: 74.12mg (2.12%), Vitamin B6: 0.04mg (1.96%), Zinc: 0.24mg (1.6%), Iron: 0.25mg (1.38%), Vitamin B1: 0.02mg (1.37%), Magnesium: 4.07mg (1.02%)