

Apricot Meringue Pie

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



444 kcal

DESSERT

Ingredients

- 2 tablespoons butter
- 3 tablespoons cornstarch
- 0.3 teaspoon cream of tartar
- 12 ounces apricot dried chopped
- 4 eggs separated
- 1 puff pastry shells (9 inches)
- 0.3 teaspoon salt
- 2.5 cups sugar divided

1.5 cups water

Equipment

bowl

frying pan

sauce pan

oven

wire rack

Directions

In a saucepan, bring apricots and water to a boil. Reduce heat; simmer, uncovered, for 10 minutes or until apricots are softened.

In a bowl, combine 2 cups sugar, cornstarch and salt; stir into apricot mixture. Bring to a boil. Reduce heat; cook and stir for 1 minute or until thickened.

Remove from the heat; stir a small amount of hot filling into yolks. Return all to pan, stirring constantly. Bring to a gentle boil; cook and stir 1 minute longer or until glossy and clear.

Remove from the heat; stir in butter. Keep warm.

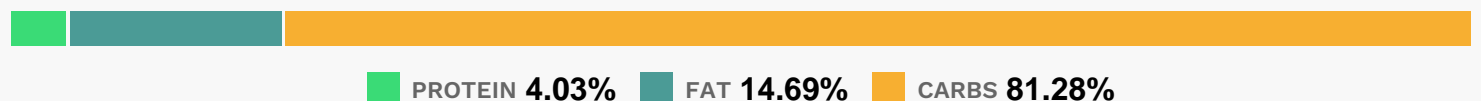
In a bowl, beat egg whites and cream of tartar on medium speed until soft peaks form. Gradually beat in remaining sugar, 1 tablespoon at a time, on high until stiff glossy peaks form and sugar is dissolved.

Pour hot filling into crust.

Spread meringue evenly over filling, sealing edges to crust.

Bake at 325° for 25–30 minutes or until golden brown. Cool on a wire rack for 1 hour. Chill for at least 3 hours before serving. Refrigerate leftovers.

Nutrition Facts



Properties

Glycemic Index:26.19, Glycemic Load:52.92, Inflammation Score:-7, Nutrition Score:7.8352173411328%

Nutrients (% of daily need)

Calories: 443.71kcal (22.19%), Fat: 7.59g (11.67%), Saturated Fat: 3.06g (19.14%), Carbohydrates: 94.48g (31.49%), Net Carbohydrates: 91.26g (33.18%), Sugar: 85.21g (94.68%), Cholesterol: 89.36mg (29.79%), Sodium: 148.46mg (6.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.68g (9.36%), Vitamin A: 1738.9IU (34.78%), Potassium: 544.89mg (15.57%), Vitamin E: 2.19mg (14.57%), Selenium: 9.61µg (13.72%), Fiber: 3.22g (12.88%), Iron: 1.72mg (9.54%), Vitamin B2: 0.16mg (9.51%), Copper: 0.18mg (9.08%), Phosphorus: 78.51mg (7.85%), Manganese: 0.14mg (6.96%), Vitamin B3: 1.36mg (6.82%), Vitamin B5: 0.56mg (5.61%), Vitamin B6: 0.1mg (4.98%), Folate: 19.28µg (4.82%), Magnesium: 17.8mg (4.45%), Calcium: 39.2mg (3.92%), Vitamin B12: 0.2µg (3.36%), Zinc: 0.5mg (3.31%), Vitamin D: 0.44µg (2.93%), Vitamin B1: 0.04mg (2.58%), Vitamin K: 2.58µg (2.45%)