



## Baked Lemon Meringue Pie

READY IN



80 min.

SERVINGS



8

CALORIES



576 kcal

DESSERT

### Ingredients

- ☐ 3 egg yolks
- ☐ 2 cups heavy cream
- ☐ 1 juice of lemon juiced
- ☐ 8 servings candied lemon peel
- ☐ 4 ounce cook and serve lemon pudding mix
- ☐ 1 lemon zest juiced
- ☐ 1 9-inch baked pie crust in a deep pie plate
- ☐ 1 cup powdered sugar
- ☐ 0.8 cup caster sugar

☐ 3 cups milk whole

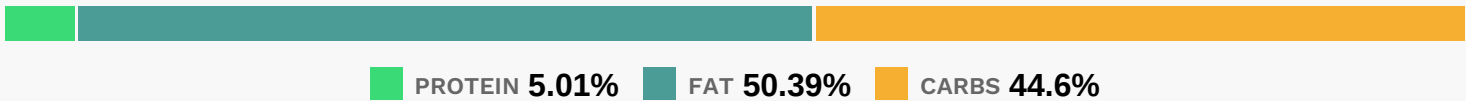
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ mixing bowl
- ☐ blender
- ☐ spatula

## Directions

- ☐ Watch how to make this recipe.
- ☐ In a medium saucepan, mix together the pudding mix and sugar. Slowly whisk in the milk and lemon juice until smooth. Beat the egg yolks in a small bowl and add them to the pan.
- ☐ Whisk until incorporated. Bring the mixture to a boil over medium-high heat, stirring constantly with a rubber spatula until thickened. Allow to cool in an ice bath.
- ☐ Pour the filling into the pie crust and refrigerate until set, about 1 hour.
- ☐ Cut into wedges and serve with Lemon Whipped Cream.;
- ☐ In a chilled mixing bowl add the heavy cream, lemon zest, lemon juice and powdered sugar. Using a handheld mixer, beat until soft peaks form.
- ☐ Transfer to a serving bowl and garnish with candied lemon peel. Refrigerate until ready to serve.

## Nutrition Facts



## Properties

Glycemic Index:13.51, Glycemic Load:14.71, Inflammation Score:-6, Nutrition Score:8.6269565302393%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 576.45kcal (28.82%), Fat: 32.86g (50.55%), Saturated Fat: 18.07g (112.96%), Carbohydrates: 65.43g (21.81%), Net Carbohydrates: 64.68g (23.52%), Sugar: 39.69g (44.1%), Cholesterol: 151.12mg (50.37%), Sodium: 228.63mg (9.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.35g (14.69%), Vitamin A: 1121.17IU (22.42%), Vitamin B2: 0.33mg (19.26%), Phosphorus: 172.09mg (17.21%), Calcium: 167.82mg (16.78%), Vitamin D: 2.32µg (15.49%), Selenium: 9.1µg (13%), Vitamin B12: 0.72µg (12.02%), Vitamin B1: 0.15mg (9.73%), Vitamin B5: 0.81mg (8.08%), Folate: 30.61µg (7.65%), Potassium: 232.15mg (6.63%), Manganese: 0.12mg (6.19%), Vitamin E: 0.89mg (5.94%), Vitamin B6: 0.12mg (5.84%), Zinc: 0.8mg (5.31%), Iron: 0.95mg (5.26%), Magnesium: 20.17mg (5.04%), Vitamin B3: 0.82mg (4.1%), Vitamin K: 4.05µg (3.86%), Vitamin C: 3.03mg (3.68%), Fiber: 0.75g (3%), Copper: 0.04mg (1.93%)