



Bakery Graham Cracker Pie

 Vegetarian

READY IN



100 min.

SERVINGS



8

CALORIES



214 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.3 cup cornstarch
- ☐ 4 egg whites
- ☐ 4 egg yolks beaten
- ☐ 1.5 cups graham cracker crumbs
- ☐ 2.5 cups scalded milk
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon vanilla extract

☐ 0.3 cup sugar white

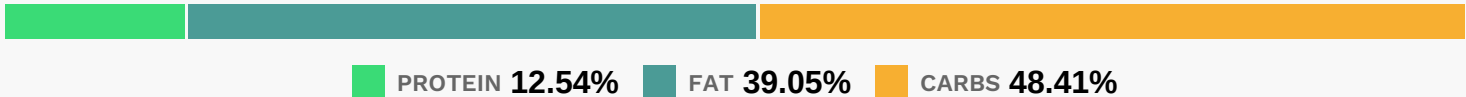
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ double boiler

Directions

- ☐ Preheat an oven to 300 degrees F (150 degrees C).
- ☐ Mix graham cracker crumbs, 2 tablespoons of white sugar, and melted butter together in a bowl. Reserve a couple tablespoons of the cracker mixture to use as garnish. Press the remaining cracker mixture into a 9-inch pie plate to form a crust.
- ☐ Place 1/2 cup of sugar, cornstarch, and salt in the top of a double boiler over just-barely simmering water. Slowly stir in the scalded milk, stirring until mixture thickens. Slowly whisk 1/3 of the milk mixture into the beaten egg yolks, then pour the egg mixture back into the double boiler. Cook for 2 minutes, stirring constantly so as not to scramble the eggs.
- ☐ Remove from heat, and cool slightly, then stir in the remaining 2 tablespoons of butter and 1 teaspoon of vanilla extract, until butter is melted.
- ☐ Pour the egg mixture into the prepared pie shell. Set aside.
- ☐ Beat egg whites until foamy in a large glass or metal mixing bowl. Gradually add 1/4 cup of sugar and 1/2 teaspoon of vanilla extract, continuing to beat until stiff peaks form. Lift your beater or whisk straight up: the egg whites should form a sharp peak that holds its shape.
- ☐ Spread the meringue over the pie.
- ☐ Bake in the preheated oven until the meringue is lightly browned, about 10 minutes. Cool, and sprinkle with the reserved graham cracker mixture before serving.

Nutrition Facts



Properties

Glycemic Index:29.01, Glycemic Load:14.2, Inflammation Score:-2, Nutrition Score:5.8704347532728%

Nutrients (% of daily need)

Calories: 214.43kcal (10.72%), Fat: 9.29g (14.29%), Saturated Fat: 4.32g (27.02%), Carbohydrates: 25.9g (8.63%), Net Carbohydrates: 25.33g (9.21%), Sugar: 13.72g (15.24%), Cholesterol: 113.88mg (37.96%), Sodium: 281.83mg (12.25%), Alcohol: 0.09g (100%), Alcohol %: 0.08% (100%), Protein: 6.71g (13.42%), Vitamin B2: 0.26mg (15.24%), Phosphorus: 147.55mg (14.76%), Selenium: 9.67µg (13.82%), Calcium: 119.96mg (12%), Vitamin B12: 0.61µg (10.11%), Vitamin D: 1.32µg (8.83%), Vitamin A: 340.77IU (6.82%), Vitamin B1: 0.1mg (6.35%), Vitamin B5: 0.59mg (5.86%), Zinc: 0.84mg (5.58%), Folate: 21.09µg (5.27%), Magnesium: 20.76mg (5.19%), Iron: 0.93mg (5.18%), Potassium: 177.99mg (5.09%), Vitamin B6: 0.09mg (4.73%), Vitamin B3: 0.7mg (3.48%), Vitamin E: 0.35mg (2.34%), Fiber: 0.57g (2.29%)