



Blueberry Meringue Pie

 Dairy Free

READY IN



55 min.

SERVINGS



8

CALORIES



1111 kcal

DESSERT

Ingredients

- 4 cups blueberries
- 3 tablespoons cornstarch
- 2 egg whites
- 1 teaspoon ground cinnamon
- 2 tablespoons juice of lemon
- 9 inch pie shell
- 0.3 cup sugar white

Equipment

bowl

oven

Directions

Preheat the oven to 400 degrees F (200 degrees C).

In a large bowl, stir together the sugar, cinnamon and cornstarch.

Add blueberries and lemon juice, and stir gently to coat berries.

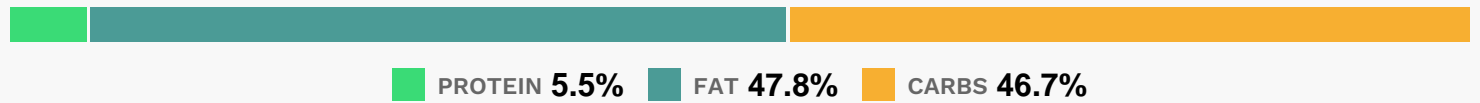
Pour into the pie crust.

Bake for 30 minutes in the preheated oven. When the pie is done, whip the egg whites in a large glass or metal bowl until soft peaks form. Gradually sprinkle in sugar while continuing to whip into a stiff meringue.

Spread over the hot filling so that the meringue is sealed to the crust all around.

Bake for 10 more minutes, or until meringue is nicely browned. Cool to room temperature before refrigerating or serving.

Nutrition Facts



Properties

Glycemic Index:14.39, Glycemic Load:7.95, Inflammation Score:-6, Nutrition Score:18.223043513687%

Flavonoids

Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg 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 Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg Galliccatechin: 0.09mg, Galliccatechin: 0.09mg, Galliccatechin: 0.09mg, Galliccatechin: 0.09mg

Nutrients (% of daily need)

Calories: 1111.27kcal (55.56%), Fat: 58.95g (90.69%), Saturated Fat: 18.38g (114.88%), Carbohydrates: 129.6g (43.2%), Net Carbohydrates: 122.03g (44.37%), Sugar: 13.76g (15.29%), Cholesterol: 0mg (0%), Sodium: 933.84mg (40.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.26g (30.51%), Manganese: 1.29mg (64.5%), Vitamin B1: 0.65mg (43.16%), Folate: 163.01µg (40.75%), Iron: 6.1mg (33.91%), Vitamin B3: 6.4mg (31.99%), Fiber: 7.57g (30.29%), Vitamin K: 30.78µg (29.32%), Vitamin B2: 0.45mg (26.33%), Selenium: 14.53µg (20.76%), Phosphorus: 172.85mg (17.29%), Copper: 0.22mg (10.8%), Vitamin C: 8.64mg (10.47%), Vitamin B5: 1.02mg (10.23%), Magnesium: 39.48mg (9.87%), Vitamin E: 1.47mg (9.79%), Potassium: 292.61mg (8.36%), Vitamin B6: 0.15mg (7.67%), Zinc: 1.14mg (7.61%), Calcium: 50.57mg (5.06%)