



Chocolate Meringue Pie

READY IN



45 min.

SERVINGS



8

CALORIES



339 kcal

DESSERT

Ingredients

- 3 tablespoons butter
- 0.5 cup cocoa
- 0.3 cup cornstarch
- 0.3 teaspoon cream of tartar
- 3 eggs separated
- 3 cups milk
- 1 baked 9-inch pastry shell
- 0.3 teaspoon salt
- 1.3 cups sugar

- 6 tablespoons sugar
- 1.5 teaspoons vanilla extract

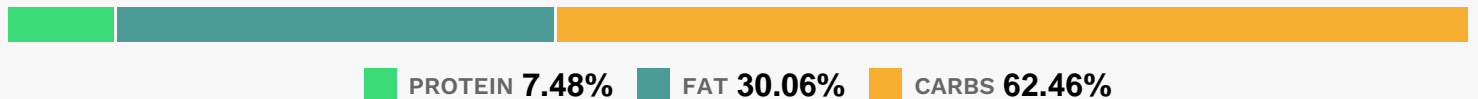
Equipment

- sauce pan
- oven

Directions

- Combine first 4 ingredients in a heavy saucepan.
- Mix well to remove lumps. Gradually add milk, stirring until blended. Cook over medium heat, stirring constantly, until mixture thickens and comes to a boil; boil 1 minute, stirring constantly.
- Remove from heat.
- Beat egg yolks until thick and lemon colored. Stir one-fourth of hot mixture into yolks; add to remaining hot mixture, stirring constantly. Cook over medium heat 2 minutes, stirring constantly.
- Remove from heat; stir in butter and vanilla.
- Pour into pastry shell.
- Combine egg whites (at room temperature) and cream of tartar; beat until foamy. Gradually add remaining sugar, 1 tablespoon at a time, beating until stiff peaks form.
- Spread over filling, sealing to edge of pastry.
- Bake at 400 for 8 minutes or until lightly browned. Cool.

Nutrition Facts



Properties

Glycemic Index:29.27, Glycemic Load:31.16, Inflammation Score:-4, Nutrition Score:7.6639130378709%

Flavonoids

Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 338.55kcal (16.93%), Fat: 11.83g (18.2%), Saturated Fat: 4.1g (25.6%), Carbohydrates: 55.31g (18.44%), Net Carbohydrates: 53.19g (19.34%), Sugar: 44.86g (49.85%), Cholesterol: 72.36mg (24.12%), Sodium: 197.13mg (8.57%), Alcohol: 0.26g (100%), Alcohol %: 0.19% (100%), Caffeine: 12.36mg (4.12%), Protein: 6.62g (13.25%), Phosphorus: 170.01mg (17%), Vitamin B2: 0.24mg (14.21%), Selenium: 9.39µg (13.41%), Calcium: 131.47mg (13.15%), Manganese: 0.25mg (12.49%), Copper: 0.23mg (11.47%), Vitamin B12: 0.65µg (10.77%), Magnesium: 41.13mg (10.28%), Vitamin D: 1.34µg (8.91%), Vitamin A: 425.18IU (8.5%), Fiber: 2.13g (8.5%), Potassium: 265.07mg (7.57%), Iron: 1.24mg (6.87%), Zinc: 0.99mg (6.63%), Vitamin B5: 0.61mg (6.13%), Vitamin B1: 0.09mg (5.73%), Vitamin B6: 0.09mg (4.61%), Folate: 14.11µg (3.53%), Vitamin E: 0.42mg (2.79%), Vitamin B3: 0.47mg (2.37%), Vitamin K: 1.4µg (1.34%)