



Chocolate-Walnut Meringue Pie

READY IN



45 min.

SERVINGS



12

CALORIES



331 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 3.5 tablespoons cornstarch
- ☐ 0.3 teaspoon cream of tartar
- ☐ 4 large egg whites
- ☐ 3 large egg yolks lightly beaten
- ☐ 2 cups evaporated milk fat-free
- ☐ 1.5 cups graham cracker crumbs low-fat (10 cookie sheets)
- ☐ 0.3 teaspoon salt
- ☐ 1 Dash salt

- ☐ 4 ounces bittersweet chocolate finely chopped
- ☐ 0.5 cup sugar
- ☐ 0.8 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup ground walnuts finely

Equipment

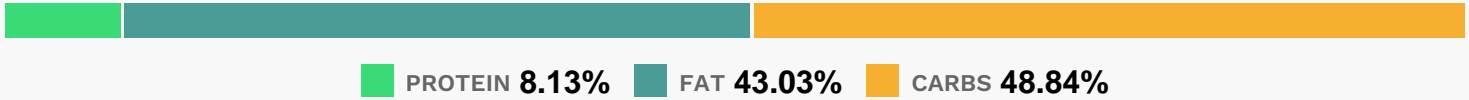
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap

Directions

- ☐ Preheat oven to 35
- ☐ To prepare crust, combine the first 3 ingredients, tossing well. Press into the bottom and up sides of a 9-inch pie plate coated with cooking spray.
- ☐ Bake at 350 for 15 minutes or until lightly browned. Cool completely on a wire rack.
- ☐ To prepare filling, combine 3/4 cup sugar, cornstarch, and dash of salt in a medium saucepan; whisk in milk and chocolate. Bring to a boil over medium heat, stirring constantly. Cook 1 minute, stirring constantly.
- ☐ Remove from heat. Gradually add 1/2 cup chocolate mixture to egg yolks, stirring constantly with a whisk. Return egg mixture to pan. Cook over medium heat until thick (about 4 minutes), stirring constantly. Stir in 1 teaspoon vanilla.
- ☐ Spread mixture into prepared crust. Cover surface of chocolate mixture with plastic wrap.
- ☐ Reduce oven temperature to 32

- ☐
- To prepare meringue, place the egg whites, cream of tartar, and 1/4 teaspoon salt in a large bowl. Beat with a mixer at high speed until foamy.
- ☐
- Add 1/2 cup sugar, 1 tablespoon at a time, beating until stiff peaks form.
- ☐
- Add 1 teaspoon vanilla, beating just until blended.
- ☐
- Remove plastic wrap from filling.
- ☐
- Spread meringue evenly over filling, sealing to edge of crust.
- ☐
- Bake at 325 for 25 minutes. Cool 1 hour on a wire rack. Chill for 3 hours or until pie is set.

Nutrition Facts



Properties

Glycemic Index:23.68, Glycemic Load:20.27, Inflammation Score:-3, Nutrition Score:6.7721739385439%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg

Nutrients (% of daily need)

Calories: 331.35kcal (16.57%), Fat: 16.07g (24.73%), Saturated Fat: 7.31g (45.69%), Carbohydrates: 41.04g (13.68%), Net Carbohydrates: 39.57g (14.39%), Sugar: 31.17g (34.63%), Cholesterol: 68.81mg (22.94%), Sodium: 217.62mg (9.46%), Alcohol: 0.11g (100%), Alcohol %: 0.13% (100%), Caffeine: 8.13mg (2.71%), Protein: 6.83g (13.67%), Phosphorus: 167.59mg (16.76%), Manganese: 0.3mg (15.04%), Vitamin B2: 0.25mg (14.5%), Calcium: 136.27mg (13.63%), Copper: 0.21mg (10.71%), Magnesium: 42.24mg (10.56%), Selenium: 6.82µg (9.74%), Iron: 1.4mg (7.79%), Potassium: 255.93mg (7.31%), Zinc: 1.04mg (6.92%), Fiber: 1.46g (5.84%), Vitamin A: 285.55IU (5.71%), Folate: 19.75µg (4.94%), Vitamin B5: 0.48mg (4.77%), Vitamin B1: 0.07mg (4.77%), Vitamin B6: 0.08mg (3.83%), Vitamin B3: 0.63mg (3.14%), Vitamin B12: 0.19µg (3.08%), Vitamin E: 0.38mg (2.51%), Vitamin D: 0.27µg (1.81%), Vitamin K: 1.42µg (1.36%), Vitamin C: 0.86mg (1.04%)