



Chocolate-Walnut Meringue Pie

READY IN



45 min.

SERVINGS



12

CALORIES



332 kcal

SIDE DISH

Ingredients

- 0.3 cup butter melted
- 3.5 tablespoons cornstarch
- 0.3 teaspoon cream of tartar
- 4 large egg whites
- 3 large egg yolk 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
- 1 teaspoon vanilla extract
- 0.5 cup 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

PROTEIN 8.13%

FAT 43.01%

CARBS 48.86%

Properties

Glycemic Index:23.68, Glycemic Load:20.27, Inflammation Score:0, Nutrition Score:6.7778261277987%

Flavonoids

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

Nutrients (% of daily need)

Calories: 332.31kcal (16.62%), Fat: 16.07g (24.73%), Saturated Fat: 7.31g (45.69%), Carbohydrates: 41.08g (13.69%), Net Carbohydrates: 39.62g (14.41%), Sugar: 31.21g (34.68%), Cholesterol: 68.81mg (22.94%), Sodium: 217.65mg (9.46%), Alcohol: 0.23g (100%), Alcohol %: 0.26% (100%), Caffeine: 8.13mg (2.71%), Protein: 6.83g (13.67%), Phosphorus: 167.61mg (16.76%), Manganese: 0.3mg (15.08%), Vitamin B2: 0.25mg (14.52%), Calcium: 136.3mg (13.63%), Copper: 0.21mg (10.72%), Magnesium: 42.28mg (10.57%), Selenium: 6.82µg (9.74%), Iron: 1.4mg (7.8%), Potassium: 256.42mg (7.33%), 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 (4.78%), Vitamin B1: 0.07mg (4.77%), Vitamin B6: 0.08mg (3.83%), Vitamin B3: 0.63mg (3.15%), 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%)