

# **Chunky Lemon Meringue Pie**

and Dairy Free



### Ingredients

- 0.1 teaspoon cream of tartar
- 6 egg whites
- 1 egg yolk
- 4 eggs
- 2 tablespoons granulated sugar
- 3 optional: lemon
- 3 tablespoons brown sugar light
- 0.1 teaspoon salt

2 cups sugar

1 pie crust dough

## Equipment

bowl
oven
whisk
plastic wrap
aluminum foil
rolling pin

### \_\_\_\_ pie form

### Directions

- Quarter lemons lengthwise. Slice quartered lemons crosswise as thinly as possible, discarding the end pieces that are just peel and pith. Put lemon slices in a large bowl with the sugar. Toss to combine, cover, and let sit at least 24 hours and up to 2 days at room temperature.
- Put an oven rack on the lowest rung and preheat oven to 45
  - Lightly dust counter and rolling pin with flour, then unwrap dough. With short strokes from center outward, roll dough into a 12-in. circle (about 1/8 in. thick), turning 90 after every 3 or 4 passes of the rolling pin to keep it from sticking.
- Transfer dough to a 9-in. pie pan, letting it fall into place (if you push or stretch the dough, it will shrink back when baked). Trim overhang to 1/2 in., then tuck edge under. Cover with plastic wrap and refrigerate 20 minutes.

Meanwhile, whisk the whole eggs and egg yolk in a medium bowl until frothy.

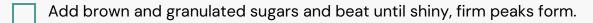
Drain lemons (reserving liquid) and add lemon slices and 11/4 cup of the reserved liquid to the eggs. Stir to combine.

Pour filling into crust. Cover with foil and bake 15 minutes.

Remove foil, reduce heat to 325, and bake another 20 minutes.

Remove from oven, but leave oven on.

In a large clean bowl, beat egg whites, salt, and cream of tartar to create soft peaks.



Spread meringue in a mound over hot pie and return to oven.

Bake until top is puffed and deep brown, about 25 minutes.

Let cool completely, at least 3 1/2 hours.

### **Nutrition Facts**

PROTEIN 7.47% 📕 FAT 19.58% 📒 CARBS 72.95%

#### **Properties**

Glycemic Index:20.71, Glycemic Load:37.67, Inflammation Score:-2, Nutrition Score:6.5800000170003%

#### Flavonoids

Eriodictyol: 8.65mg, Eriodictyol: 8.65mg, Eriodictyol: 8.65mg, Eriodictyol: 8.65mg Hesperetin: 11.3mg, Hesperetin: 11.3mg, Hesperetin: 11.3mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.46mg, Quercetin: 0.46mg, Que

#### Nutrients (% of daily need)

Calories: 380.53kcal (19.03%), Fat: 8.56g (13.17%), Saturated Fat: 2.65g (16.58%), Carbohydrates: 71.74g (23.91%), Net Carbohydrates: 70.08g (25.48%), Sugar: 58.53g (65.03%), Cholesterol: 106.14mg (35.38%), Sodium: 195.54mg (8.5%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 7.34g (14.68%), Vitamin C: 21.47mg (26.02%), Selenium: 14.26µg (20.37%), Vitamin B2: 0.27mg (15.62%), Folate: 33.9µg (8.48%), Phosphorus: 77.67mg (7.77%), Iron: 1.32mg (7.34%), Fiber: 1.67g (6.66%), Vitamin B5: 0.62mg (6.16%), Manganese: 0.12mg (6.06%), Vitamin B1: 0.09mg (5.89%), Potassium: 160.78mg (4.59%), Vitamin B6: 0.09mg (4.56%), Vitamin B12: 0.26µg (4.33%), Vitamin D: 0.56µg (3.74%), Calcium: 35.66mg (3.57%), Vitamin B3: 0.66mg (3.3%), Vitamin A: 160.37IU (3.21%), Zinc: 0.47mg (3.13%), Magnesium: 12.06mg (3.02%), Copper: 0.06mg (2.98%), Vitamin E: 0.45mg (2.98%), Vitamin K: 1.63µg (1.56%)