



Chunky Lemon Meringue Pie

 Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



381 kcal

DESSERT

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 1 1/4 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.

- Add brown and granulated sugars and beat until shiny, firm peaks form.
- 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



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, 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: 0.2mg, Myricetin: 0.2mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

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: 0g (100%), Alcohol %: 0% (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%)