



## Cook the Book: Sweet Tea Lemon Chess Pie

 Vegetarian

READY IN



**70 min.**

SERVINGS



**10**

CALORIES



**408 kcal**

DESSERT

### Ingredients

- ☐ 1 teaspoon apple cider vinegar
- ☐ 2 teaspoons cornmeal
- ☐ 3 ounces cream cheese at room temperature
- ☐ 8 large egg yolk
- ☐ 2 cups granulated sugar
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 lemon zest
- ☐ 2 tablespoons flour all-purpose

- ☐ 0.5 pound butter unsalted at room temperature (2 sticks)
- ☐ 1 tablespoon vanilla extract
- ☐ 0.8 cup cranberry-orange relish brewed

## Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ pie form

## Directions

- ☐ For the crust: Beat the cream cheese and butter in a bowl with an electric mixer until well-combined.
- ☐ Add the flour and mix at low speed until the dough comes together into a ball. Pat the dough evenly and thinly into a 9-inch pie pan, building up a thicker top edge.
- ☐ Place the pie shell in the freezer while preparing the filling.
- ☐ For the filling: Beat the butter in a bowl with an electric mixer until light and fluffy. Gradually beat in the sugar. Beat in the zest.
- ☐ Add the egg yolks 1 at a time, mixing well after each addition and scraping the bowl often. Slowly add the tea, vanilla, vinegar, and lemon juice.
- ☐ Add the flour and cornmeal. Scrape the bowl and mix well. Don't be alarmed if the mixture looks slightly curdled.
- ☐ To assemble: Preheat the oven to 350°F.
- ☐ Remove the pie shell from the freezer and pour in the filling.
- ☐ Bake until only a quarter-sized area in the center jiggles slightly when the pie is shaken gently, about 50 minutes. Cool to room temperature on a wire rack and then chill at least 2 hours before serving.

## Nutrition Facts



Properties

Glycemic Index:32.31, Glycemic Load:29.59, Inflammation Score:-4, Nutrition Score:4.9817391193431%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 3.9mg, Hesperetin: 3.9mg, Hesperetin: 3.9mg, Hesperetin: 3.9mg Naringenin: 2.09mg, Naringenin: 2.09mg, Naringenin: 2.09mg, Naringenin: 2.09mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 407.97kcal (20.4%), Fat: 25.11g (38.64%), Saturated Fat: 14.68g (91.73%), Carbohydrates: 44.21g (14.74%), Net Carbohydrates: 43.74g (15.91%), Sugar: 41.83g (46.48%), Cholesterol: 204.23mg (68.08%), Sodium: 36.37mg (1.58%), Alcohol: 0.45g (100%), Alcohol %: 0.54% (100%), Protein: 3.21g (6.43%), Vitamin A: 907.86IU (18.16%), Selenium: 9.42µg (13.46%), Vitamin C: 8.54mg (10.35%), Phosphorus: 72.3mg (7.23%), Vitamin B2: 0.12mg (7.16%), Vitamin D: 1.07µg (7.16%), Folate: 28.61µg (7.15%), Vitamin E: 0.98mg (6.54%), Vitamin B12: 0.32µg (5.37%), Vitamin B5: 0.53mg (5.27%), Calcium: 38.36mg (3.84%), Vitamin B1: 0.05mg (3.51%), Vitamin B6: 0.07mg (3.31%), Iron: 0.51mg (2.83%), Zinc: 0.42mg (2.77%), Fiber: 0.47g (1.88%), Potassium: 64.42mg (1.84%), Vitamin K: 1.87µg (1.78%), Manganese: 0.03mg (1.58%), Copper: 0.03mg (1.47%), Magnesium: 4.37mg (1.09%)