



Creamy Lemon Meringue Pie — Made With Milk

READY IN



45 min.

SERVINGS



8

CALORIES



407 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons butter
- ☐ 0.3 cup cornstarch
- ☐ 2 teaspoons cornstarch
- ☐ 0.3 teaspoon cream of tartar
- ☐ 1 9-inch deep dish pie crust
- ☐ 4 large egg whites
- ☐ 4 large egg yolks
- ☐ 1 cup granulated sugar

- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 teaspoons lemon zest
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 0.3 teaspoon vanilla extract
- ☐ 2 cups milk whole 2% (I used half and half)

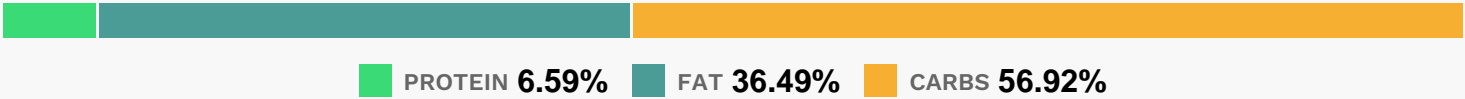
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Line up all the ingredients and have everything ready to go. Prepare the meringue as directed at the bottom or wait and prepare it after you make the filling. I prefer to make the meringue first so that it's ready to go and I can quickly slather it on top of a piping hot filling.
- ☐ Mix the sugar, cornstarch and salt in a large (3 ½ quart) non-aluminum saucepan.
- ☐ Whisk the egg yolks, milk and lemon juice together in a bowl.
- ☐ Whisk the milk mixture into the saucepan with the sugar mixture and turn heat to medium.
- ☐ Whisk constantly until mixture begins to boil — this could take anywhere from five to 10 minutes. When mixture begins to thicken and boil, boil for 1 minute, whisking constantly.
- ☐ Remove from heat and whisk in the lemon zest, butter and vanilla.
- ☐ Pour into the pie shell and immediately spoon meringue around the edges to seal. Spoon remaining meringue over the center and cover all of the lemon filling.
- ☐ Bake at 325 F for about 25 minutes.
- ☐ Let cool at room temperature, then transfer to the refrigerator and chill for several hours. Meringue: Beat the egg whites until foamy, then add the cream of tartar. Continue beating until soft peaks form, then beat in the sugar a few tablespoons at a time along with the cornstarch.

Nutrition Facts



Properties

Glycemic Index:28.52, Glycemic Load:27.26, Inflammation Score:-3, Nutrition Score:6.5973913151285%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 407kcal (20.35%), Fat: 16.76g (25.78%), Saturated Fat: 6.95g (43.41%), Carbohydrates: 58.81g (19.6%), Net Carbohydrates: 58.29g (21.2%), Sugar: 40.82g (45.36%), Cholesterol: 110.41mg (36.8%), Sodium: 225.44mg (9.8%), Alcohol: 0.04g (100%), Alcohol %: 0.03% (100%), Protein: 6.81g (13.62%), Selenium: 10.91µg (15.58%), Vitamin B2: 0.25mg (14.87%), Phosphorus: 119.18mg (11.92%), Calcium: 95.85mg (9.58%), Folate: 37.08µg (9.27%), Vitamin B12: 0.52µg (8.65%), Vitamin B1: 0.12mg (7.79%), Vitamin D: 1.13µg (7.53%), Manganese: 0.15mg (7.45%), Vitamin A: 353.45IU (7.07%), Vitamin B5: 0.64mg (6.35%), Vitamin C: 4.58mg (5.55%), Iron: 0.94mg (5.23%), Potassium: 182.45mg (5.21%), Vitamin E: 0.74mg (4.92%), Vitamin K: 4.85µg (4.62%), Vitamin B6: 0.09mg (4.34%), Vitamin B3: 0.8mg (4.02%), Zinc: 0.6mg (3.99%), Magnesium: 14.74mg (3.69%), Fiber: 0.52g (2.08%), Copper: 0.04mg (2.03%)