

DAIRY FREE

Equal®'s Lemon Meringue Pie

20 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	8	\$0.31	61 kcal



Equal®'s Lemon Meringue Pie requires around 45 minutes from start to finish. Watching your figure? This dairy free and lacto ovo vegetarian recipe has 61 calories, 3g of protein, and 1g of fat per serving. For 31 cents per serving, this recipe covers 2% of your daily requirements of vitamins and min...

Ingredients

- ☐ ½ cup cornstarch
- ☐ 3 egg whites
- ☐ 8 servings Pastry for a single-crust 9-inch pie
- ☐ 1½ teaspoons grated lemon peel
- ☐ ¼ teaspoon cream of tartar
- ☐ 2 eggs
- ☐ ½ cup fresh lemon juice, or frozen lemon juice concentrate
- ☐ 2¼ cups water

EQUIPMENT Bowl, Frying pan, Sauce pan, Oven, Wire rack, Pie form

Method

- 1 Roll pastry on lightly floured surface into circle 1 inch larger than inverted 9-inch pie pan. Ease pastry into pan; trim and flute edge. Pierce bottom and side of pastry with fork.
- 2 Bake in preheated 425 degrees F oven 10 to 12 minutes or until pastry is golden. Cool on wire rack.
- 3 Combine water, lemon juice and cornstarch in medium saucepan. Bring to a boil over medium-high heat, stirring constantly; boil and stir 1 minute. Beat eggs, 2 egg whites and lemon peel in medium bowl.
- 4 Mix in 1-1/2 cups Equal® Spoonful*. Stir about half of hot cornstarch mixture into egg mixture.
- 5 Return all to saucepan. Cook and stir over low heat 1 minute.
- 6 Remove from heat; stir in butter until melted. Stir in food coloring, if desired.
- 7 Pour mixture into baked pie shell.
- 8 Beat 3 egg whites in medium bowl until foamy.
- 9 Add cream of tartar and beat to soft peaks. Gradually beat in 2/3 cup Equal® Spoonful**, beating to stiff peaks.
- 10 Spread meringue over hot lemon filling, carefully sealing to edge of crust to prevent shrinking or weeping.
- 11 Bake pie in 425 degrees F oven about 5 minutes or until meringue is lightly browned.
- 12 Cool completely on wire rack before cutting.

Nutrition per serving

61	3 g	1 g	9 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			0.5 g · 3% of daily needs
Sugar			0.5 g · 1% of daily needs
Sodium			41.1 mg · 2% of daily needs
Cholesterol			40.9 mg · 14% of daily needs
Vitamin C			6.4 mg · 8% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/equals-lemon-meringue-pie-144041