



# Fig Pie

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



213 kcal

DESSERT

## Ingredients

- 0.8 pound figs dried
- 3 egg whites
- 2 eggs beaten
- 19-inch pie crust dough ()
- 0.3 teaspoon salt
- 0.3 cup granulated sugar white

## Equipment

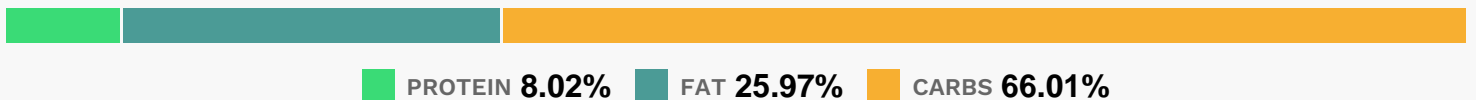
- bowl

- sauce pan
- oven
- whisk
- mixing bowl

## Directions

- Put quartered figs into a bowl and pour in enough water to cover them completely. Cover bowl and place in refrigerator to soak for 12 hours.
- After 12 hours, pour figs and soaking water into a medium saucepan. Simmer over low heat for 2 1/2 hours, adding more water as necessary to prevent figs from becoming dry.
- Preheat oven to 350 degrees F (175 degrees C).
- To Make Fig Filling: In a small bowl combine 2 beaten eggs, 2 tablespoons sugar, and salt. Blend together then pour mixture into stewed figs, whisking vigorously to prevent eggs from clumping. Cook over low heat, stirring constantly, until mixture thickens.
- Pour fig filling into baked pie shell.
- To Make Meringue: In a medium mixing bowl beat 3 egg whites until foamy. Continue to beat while adding 1/4 cup sugar one tablespoon at a time, until whites form stiff peaks.
- Spread over fig filling.
- Place in preheated oven and bake 10 to 12 minutes, until meringue is browned.

## Nutrition Facts



## Properties

Glycemic Index:10.11, Glycemic Load:9.2, Inflammation Score:-2, Nutrition Score:5.3752174014631%

## Nutrients (% of daily need)

Calories: 212.62kcal (10.63%), Fat: 6.4g (9.84%), Saturated Fat: 1.96g (12.23%), Carbohydrates: 36.57g (12.19%), Net Carbohydrates: 32.74g (11.9%), Sugar: 21.38g (23.76%), Cholesterol: 32.74mg (10.91%), Sodium: 170.82mg (7.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.44g (8.89%), Fiber: 3.83g (15.34%), Manganese: 0.27mg (13.29%), Vitamin B2: 0.14mg (8.39%), Selenium: 5.88µg (8.39%), Potassium: 277.66mg (7.93%), Iron: 1.37mg (7.64%), Magnesium: 28.18mg (7.05%), Vitamin K: 6.79µg (6.47%), Calcium: 64.56mg (6.46%), Copper: 0.12mg

(6.07%), Vitamin B1: 0.09mg (5.85%), Phosphorus: 55.97mg (5.6%), Folate: 21.56µg (5.39%), Vitamin B3: 0.77mg (3.83%), Vitamin B5: 0.38mg (3.81%), Vitamin B6: 0.06mg (3.07%), Zinc: 0.43mg (2.88%), Vitamin E: 0.31mg (2.05%), Vitamin B12: 0.09µg (1.44%), Vitamin D: 0.18µg (1.17%), Vitamin A: 51.12IU (1.02%)