

# Flapper Pie I

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



139 kcal

DESSERT

## Ingredients

- 0.5 teaspoon almond extract
- 1 tablespoon butter
- 2 tablespoons cornstarch
- 3 egg whites
- 2 egg yolk beaten
- 1 tablespoon flour all-purpose
- 1.5 cups graham cracker crumbs
- 2 cups milk

- 0.5 teaspoon salt
- 1 teaspoon vanilla extract
- 0.3 cup granulated sugar white

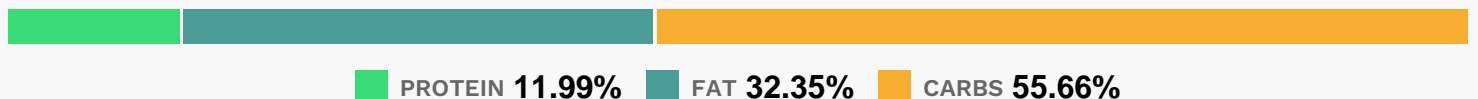
## Equipment

- sauce pan
- oven

## Directions

- Mix together graham cracker crumbs, 1/4 cup sugar, and 1/3 cup softened butter or margarine. Press into a 9 inch pie plate, reserve 1/4 cup for topping.
- Bake at 375 degrees F (190 degrees C) for 8 minutes.
- Mix 1/2 cup sugar, cornstarch, flour, and salt in a saucepan. Stir in milk gradually. Cook over medium heat, stirring until mixture comes to a boil and thickens. Cook 2 minutes more.
- Add a little of this hot mixture to beaten egg yolks, then stir yolks into hot mixture. Cook 1 minute while stirring.
- Remove from heat; stir in 1 tablespoon butter or margarine and vanilla. Cool 15 minutes, and pour into crumb crust. Cool completely.
- Beat egg whites until soft peaks form. Slowly add 1/4 cup sugar, beating until stiff and glossy. Stir in almond extract.
- Spread meringue over filling, and against the edge of crust to seal.
- Sprinkle with reserved crumbs.
- Bake at 425 degrees F (220 degrees C) just until meringue is golden, about 4 to 5 minutes. Cool completely before serving.

## Nutrition Facts



## Properties

Glycemic Index:30.71, Glycemic Load:11.56, Inflammation Score:-1, Nutrition Score:3.5995652079582%

## Nutrients (% of daily need)

Calories: 138.82kcal (6.94%), Fat: 4.95g (7.62%), Saturated Fat: 2.17g (13.56%), Carbohydrates: 19.16g (6.39%), Net Carbohydrates: 18.7g (6.8%), Sugar: 10.4g (11.55%), Cholesterol: 47.75mg (15.92%), Sodium: 243.79mg (10.6%), Alcohol: 0.21g (100%), Alcohol %: 0.31% (100%), Protein: 4.13g (8.26%), Vitamin B2: 0.16mg (9.52%), Phosphorus: 91.52mg (9.15%), Calcium: 75.92mg (7.59%), Selenium: 5.09µg (7.27%), Vitamin B12: 0.34µg (5.74%), Vitamin D: 0.73µg (4.87%), Vitamin B1: 0.07mg (4.59%), Iron: 0.67mg (3.74%), Magnesium: 14.78mg (3.69%), Zinc: 0.54mg (3.59%), Potassium: 116.29mg (3.32%), Vitamin A: 165.95IU (3.32%), Folate: 12.83µg (3.21%), Vitamin B5: 0.31mg (3.12%), Vitamin B3: 0.59mg (2.93%), Vitamin B6: 0.06mg (2.8%), Fiber: 0.46g (1.85%)