



Fool-Proof Lemon Meringue Pie

READY IN



45 min.

SERVINGS



8

CALORIES



341 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon butter room temperature
- ☐ 6 tablespoons cornstarch
- ☐ 0.3 teaspoon cream of tartar
- ☐ 4 large egg whites room temperature
- ☐ 4 large egg yolks
- ☐ 0.5 cup granulated sugar mixed with 2 teaspoons of cornstarch
- ☐ 1.3 cups granulated sugar
- ☐ 0.5 cup juice of lemon
- ☐ 1 tablespoon lemon zest grated

- ☐ 8 servings baked pie crust
- ☐ 0.1 teaspoon salt
- ☐ 1.5 cups water boiling

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ stand mixer
- ☐ spatula

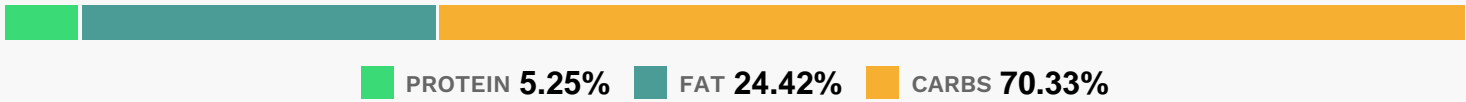
Directions

- ☐ Assemble all the ingredients – especially meringue ingredients. In a 2- to 3-quart sauce pan that is not yet set over heat, mix 1 1/4 cups sugar with 6 tablespoons cornstarch and salt.
- ☐ Whisk in 1/2 cup cold water, lemon zest, and lemon juice, blending thoroughly.
- ☐ Whisk in the egg yolks.
- ☐ Add the butter and whisk in 1 1/2 cups boiling water. Set pan over medium or medium high heat (I used medium because the pot was on a larger burner and it was metal) and stir with a flexible heat-proof spatula scraper until mixture boils, about 7 minutes (mine boiled in about 5, but I let it go for 7). Reduce heat to medium (or low, in my case) and stir filling 1 minute more.
- ☐ Pour filling into pie crust and quickly make meringue. In bowl of a stand mixer using whisk attachment beat egg whites and cream of tartar until very foamy. Continue to beat at high speed and gradually add the sugar and cornstarch mixture, 1 tablespoon at a time. Then beat until whites hold stiff, glossy peaks. Spoon meringue onto hot pie filling. With a spatula, swirl meringue to cover filling completely, touching the rim of the pie shell.
- ☐ Bake in a 325 degree oven until meringue is browned, about 25 minutes. Set pie on rack until cool, about 3 hours.

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Serve immediately or store in a cake cover in refrigerator.

Nutrition Facts



Properties

Glycemic Index:23.77, Glycemic Load:30.54, Inflammation Score:-1, Nutrition Score:4.2260869326799%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 340.86kcal (17.04%), Fat: 9.42g (14.49%), Saturated Fat: 3.45g (21.57%), Carbohydrates: 61.04g (20.35%), Net Carbohydrates: 60.33g (21.94%), Sugar: 44.24g (49.16%), Cholesterol: 95.56mg (31.85%), Sodium: 169.41mg (7.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.55g (9.11%), Selenium: 9.74µg (13.91%), Vitamin B2: 0.17mg (9.72%), Vitamin C: 6.87mg (8.33%), Folate: 31.15µg (7.79%), Manganese: 0.11mg (5.37%), Phosphorus: 53.44mg (5.34%), Vitamin B1: 0.08mg (5.22%), Iron: 0.87mg (4.83%), Vitamin B5: 0.4mg (3.96%), Vitamin A: 167.8IU (3.36%), Vitamin D: 0.46µg (3.06%), Vitamin B12: 0.18µg (3.06%), Vitamin B3: 0.61mg (3.05%), Fiber: 0.71g (2.84%), Potassium: 90.63mg (2.59%), Vitamin E: 0.38mg (2.55%), Vitamin B6: 0.05mg (2.48%), Copper: 0.04mg (2.14%), Zinc: 0.32mg (2.13%), Calcium: 20.42mg (2.04%), Magnesium: 7.12mg (1.78%), Vitamin K: 1.73µg (1.65%)