



Fran's Angel Food Pie

READY IN



140 min.

SERVINGS



8

CALORIES



1356 kcal

DESSERT

Ingredients

- 0.3 cup cornstarch
- 3 large egg whites
- 1 pint heavy cream
- 9 inch baked pie shell
- 1 pinch salt
- 0.5 teaspoon vanilla extract to taste
- 1 tablespoon walnuts chopped
- 2 cups water
- 1 cup sugar white

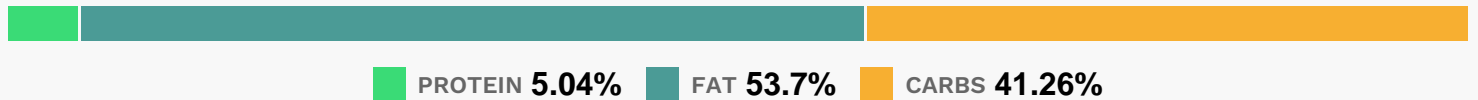
Equipment

- bowl
- whisk
- double boiler
- hand mixer

Directions

- Partially fill the bottom of a double boiler with water, and bring the water to a boil.
- Pour 2 cups of water into the top of the double boiler with the salt.
- Place the top of the boiler onto the bottom.
- Whisk 1 cup of sugar with the cornstarch in a bowl until all lumps are gone, and whisk the mixture into the water until smooth. Cook, whisking constantly, until the mixture is thickened and translucent.
- In a large bowl, beat the egg whites with an electric mixer until they form stiff peaks.
- Pour in the hot cornstarch mixture in a slow, steady stream, beating constantly, until the mixture is fluffy and forms peaks. Beat in 1 teaspoon of vanilla extract.
- Spread the filling into the baked pie shell in an even layer, and chill in refrigerator.
- With an electric mixer, beat the cream with 1 teaspoon of sugar and 1/2 teaspoon of vanilla extract in a large metal bowl until the cream forms soft peaks; frost the pie with decorative swirls and peaks of the whipped cream.
- Sprinkle pie with chopped walnuts. Refrigerate until serving time.

Nutrition Facts



Properties

Glycemic Index:11.26, Glycemic Load:17.47, Inflammation Score:-7, Nutrition Score:18.170869575894%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg

Nutrients (% of daily need)

Calories: 1356.17kcal (67.81%), Fat: 80.93g (124.5%), Saturated Fat: 32.04g (200.24%), Carbohydrates: 139.92g (46.64%), Net Carbohydrates: 134.17g (48.79%), Sugar: 26.83g (29.81%), Cholesterol: 66.84mg (22.28%), Sodium: 965.22mg (41.97%), Alcohol: 0.09g (100%), Alcohol %: 0.03% (100%), Protein: 17.09g (34.18%), Manganese: 1.04mg (52.14%), Vitamin B1: 0.64mg (42.36%), Folate: 161.59µg (40.4%), Iron: 5.99mg (33.26%), Vitamin B2: 0.55mg (32.64%), Vitamin B3: 6.14mg (30.7%), Selenium: 17.4µg (24.85%), Fiber: 5.74g (22.98%), Phosphorus: 203.02mg (20.3%), Vitamin K: 18.35µg (17.48%), Vitamin A: 871.96IU (17.44%), Vitamin B5: 1.09mg (10.93%), Vitamin E: 1.59mg (10.59%), Copper: 0.21mg (10.57%), Magnesium: 41.97mg (10.49%), Potassium: 301.11mg (8.6%), Calcium: 86.01mg (8.6%), Zinc: 1.21mg (8.05%), Vitamin B6: 0.14mg (7.03%), Vitamin D: 0.95µg (6.31%), Vitamin B12: 0.11µg (1.76%)