

Frosty Lemon Pie

 Vegetarian  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



324 kcal

DESSERT

Ingredients

- 0.8 ounce agave nectar
- 0.5 ounce almond liqueur (recommended: Amaretto Disaronno)
- 2 egg whites
- 0.5 cup ice cubes
- 0.5 optional: lemon cut in small pieces
- 0.5 teaspoon lemon zest
- 2 teaspoons sugar
- 1.5 ounces vodka lemon flavored (recommended: Grey Goose Le Citron)

Equipment

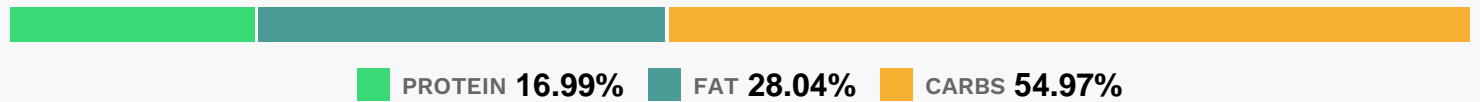
bowl

Directions

Combine ingredients in a glass and muddle, strain into a chilled martini glass, top with Lemon Zest Meringue.

Place egg whites in small bowl, beat on high speed for 1 minute, add in sugar, almond liqueur, and zest. Continue beating until stiff peaks form. Put on top of drink, torch with a butane torch until tips are golden, serve immediately.

Nutrition Facts



Properties

Glycemic Index:135.59, Glycemic Load:9.04, Inflammation Score:-5, Nutrition Score:9.9299998542537%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 11.57mg, Eriodictyol: 11.57mg, Eriodictyol: 11.57mg, Eriodictyol: 11.57mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 324.35kcal (16.22%), Fat: 7.46g (11.48%), Saturated Fat: 0.56g (3.5%), Carbohydrates: 32.9g (10.97%), Net Carbohydrates: 29.47g (10.72%), Sugar: 24.88g (27.64%), Cholesterol: 0mg (0%), Sodium: 108.15mg (4.7%), Alcohol: 14.2g (100%), Alcohol %: 5.64% (100%), Protein: 10.17g (20.35%), Vitamin C: 33.52mg (40.64%), Vitamin B2: 0.48mg (28.01%), Vitamin E: 3.92mg (26.14%), Selenium: 13.21µg (18.88%), Manganese: 0.35mg (17.4%), Fiber: 3.43g (13.73%), Magnesium: 50.74mg (12.68%), Copper: 0.21mg (10.32%), Phosphorus: 88.28mg (8.83%), Potassium: 279.26mg (7.98%), Calcium: 61.55mg (6.16%), Vitamin B6: 0.12mg (5.85%), Vitamin B1: 0.08mg (5.45%), Folate: 21.09µg (5.27%), Iron: 0.93mg (5.18%), Vitamin K: 4.78µg (4.56%), Vitamin B3: 0.78mg (3.9%), Zinc: 0.51mg (3.4%), Vitamin B5: 0.29mg (2.86%)