



Frozen Blackberry-Lemon Chiffon Pie

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



157 kcal

DESSERT

Ingredients

- ☐ 3 cups blackberries
- ☐ 3 tablespoons butter melted
- ☐ 4 large egg whites
- ☐ 1.5 cups graham cracker crumbs (12 cookie sheets)
- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 tablespoons milk 2% reduced-fat
- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar

☐ 6 tablespoons water

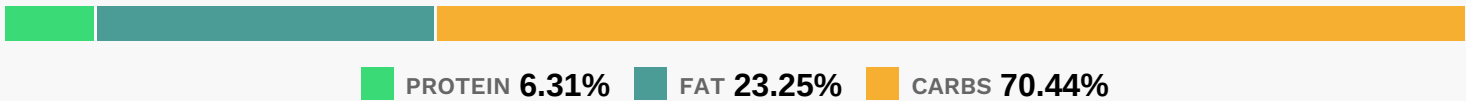
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve
- ☐ blender
- ☐ kitchen thermometer
- ☐ springform pan

Directions

- ☐ Combine first 3 ingredients in a bowl; toss with a fork until moist. Press into bottom and up sides of a 9-inch springform pan coated with cooking spray.
- ☐ Combine 3 cups blackberries and fresh lemon juice in a blender; process until smooth. Strain mixture through a sieve over a bowl; discard solids.
- ☐ Place salt and egg whites in a large bowl; beat with a mixer at high speed until foamy.
- ☐ Combine sugar and 6 tablespoons water in a medium saucepan; bring to a boil. Cook, without stirring, until a thermometer registers 25
- ☐ Gradually pour the hot sugar syrup into egg white mixture, beating at medium speed, then at high speed, until stiff peaks form. Gently fold in blackberry mixture; pour into prepared crust. Cover; freeze 8 hours or overnight.
- ☐ Let stand 5 minutes at room temperature before serving.
- ☐ Garnish with fresh blackberries and mint, if desired.

Nutrition Facts



Properties

Glycemic Index:18.26, Glycemic Load:17.68, Inflammation Score:-3, Nutrition Score:3.935217394777%

Flavonoids

Cyanidin: 35.98mg, Cyanidin: 35.98mg, Cyanidin: 35.98mg, Cyanidin: 35.98mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 13.34mg, Catechin: 13.34mg, Catechin: 13.34mg, Catechin: 13.34mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg Epigallocatechin 3–gallate: 0.24mg, Epigallocatechin 3–gallate: 0.24mg, Epigallocatechin 3–gallate: 0.24mg, Epigallocatechin 3–gallate: 0.24mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 157.35kcal (7.87%), Fat: 4.2g (6.46%), Saturated Fat: 2g (12.51%), Carbohydrates: 28.61g (9.54%), Net Carbohydrates: 26.33g (9.58%), Sugar: 21.14g (23.49%), Cholesterol: 7.72mg (2.58%), Sodium: 160.54mg (6.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.56g (5.13%), Manganese: 0.24mg (11.78%), Vitamin C: 9.53mg (11.55%), Fiber: 2.28g (9.12%), Vitamin K: 7.38µg (7.03%), Vitamin B2: 0.09mg (5.45%), Folate: 15.52µg (3.88%), Magnesium: 15.33mg (3.83%), Iron: 0.68mg (3.78%), Selenium: 2.55µg (3.64%), Phosphorus: 34.33mg (3.43%), Copper: 0.07mg (3.42%), Vitamin E: 0.51mg (3.41%), Vitamin A: 167.36IU (3.35%), Vitamin B3: 0.65mg (3.25%), Potassium: 104.75mg (2.99%), Zinc: 0.42mg (2.79%), Calcium: 24.07mg (2.41%), Vitamin B1: 0.03mg (2.26%), Vitamin B5: 0.14mg (1.4%), Vitamin B6: 0.03mg (1.26%)