



Gluten-Free Lemon Meringue Pie

 Vegetarian  Dairy Free

READY IN



240 min.

SERVINGS



8

CALORIES



361 kcal

DESSERT

Ingredients

- 4 cups rice chex
- 2 tablespoons potato flour
- 0.3 cup canola oil melted
- 2 tablespoons brown sugar packed
- 0.1 teaspoon salt
- 1 eggs whole
- 4 egg yolk
- 1 cup water

- 1 cup granulated sugar
- 0.3 cup juice of lemon
- 6 tablespoons cornstarch
- 1 tablespoon unrefined sunflower oil melted
- 4 egg whites
- 0.5 cup granulated sugar

Equipment

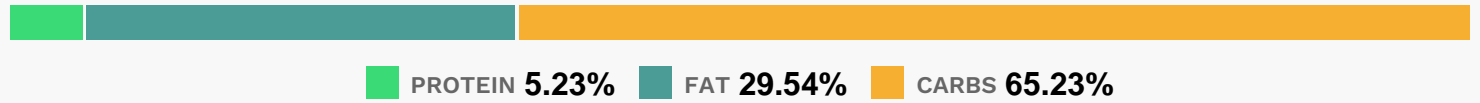
- food processor
- bowl
- sauce pan
- oven
- whisk
- wire rack
- hand mixer

Directions

- Heat oven to 350°F. Spray 9-inch glass pie plate with cooking spray (without flour).
- In food processor, place cereal. Cover; process until crushed.
- Add remaining crust ingredients. Cover; process until crumbly. Press mixture into pie plate, starting in center and pressing up side.
- Bake 15 minutes or until golden brown. Cool completely on cooling rack.
- In 3-quart saucepan, beat egg yolks, water, 1 cup granulated sugar, the lemon juice and cornstarch with whisk until well blended. Cook on high heat, stirring constantly with whisk until thickened.
- Remove from heat; stir in ghee until incorporated.
- Pour filling into crust.
- In medium bowl, beat egg whites with electric mixer on high speed until soft peaks form. Gradually add 1/2 cup granulated sugar, 1 tablespoon at a time, beating until stiff peaks form. Spoon meringue onto hot filling, spreading to edges to seal.

- Bake 15 minutes or until meringue is golden brown. Cool on cooling rack 30 minutes. Refrigerate 2 to 3 hours before serving.

Nutrition Facts



Properties

Glycemic Index:17.52, Glycemic Load:26.18, Inflammation Score:-5, Nutrition Score:11.813913143199%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 360.63kcal (18.03%), Fat: 12.09g (18.6%), Saturated Fat: 1.79g (11.21%), Carbohydrates: 60.09g (20.03%), Net Carbohydrates: 59.62g (21.68%), Sugar: 41.92g (46.58%), Cholesterol: 117.66mg (39.22%), Sodium: 187.02mg (8.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.82g (9.63%), Folate: 118.92µg (29.73%), Iron: 4.95mg (27.52%), Manganese: 0.51mg (25.28%), Vitamin B2: 0.36mg (21.42%), Selenium: 12.84µg (18.34%), Vitamin B12: 0.99µg (16.54%), Vitamin B6: 0.31mg (15.63%), Vitamin E: 2.3mg (15.34%), Zinc: 2.19mg (14.57%), Vitamin B1: 0.21mg (14.22%), Vitamin B3: 2.6mg (13.01%), Vitamin C: 7.01mg (8.49%), Vitamin A: 410.11IU (8.2%), Phosphorus: 73.29mg (7.33%), Vitamin D: 1.1µg (7.3%), Calcium: 71.49mg (7.15%), Vitamin B5: 0.61mg (6.07%), Vitamin K: 5.3µg (5.05%), Copper: 0.07mg (3.34%), Potassium: 102.65mg (2.93%), Magnesium: 9.47mg (2.37%), Fiber: 0.47g (1.89%)