



Graham Cracker Pie

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



281 kcal

DESSERT

Ingredients

- 0.3 cup butter melted
- 0.3 cup cornstarch
- 0.5 teaspoon cream of tartar
- 3 large egg whites
- 2 large eggs lightly beaten
- 2 cups skim milk fat-free
- 1 tablespoon flour all-purpose
- 1.5 cups graham cracker crumbs

- 0.3 teaspoon salt
- 0.3 cup sugar
- 0.5 cup sugar
- 3 tablespoons sugar
- 0.3 teaspoon vanilla extract
- 0.5 teaspoon vanilla extract

Equipment

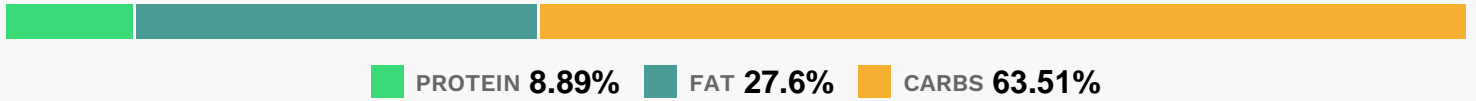
- bowl
- frying pan
- sauce pan
- oven
- whisk
- wire rack
- blender

Directions

- Preheat oven to 35
- To prepare crust, combine first 3 ingredients, and stir well with a whisk.
- Add melted butter; toss until moist. Reserve 2 tablespoons crumb mixture; set aside. Press the remaining mixture into bottom and up sides of a 9-inch pie plate coated with cooking spray; lightly coat crust with cooking spray.
- Bake at 350 for 15 minutes, and remove from oven. Reduce oven temperature to 32
- To prepare the filling, combine 1/2 cup sugar, cornstarch, and salt in a saucepan; stir in milk. Bring the mixture to a boil over medium heat. Cook for 1 minute, stirring constantly. Gradually add the hot milk mixture to eggs, stirring constantly with a whisk. Return mixture to pan. Cook over medium heat until thick (about 2 minutes), stirring constantly.
- Remove from heat, and stir in 1/4 teaspoon vanilla.
- Pour the hot filling into prepared crust.

- To prepare meringue, place the egg whites and the cream of tartar in a large bowl; beat with a mixer at high speed until foamy.
- Add 1/2 teaspoon vanilla, and beat well. Gradually add 1/3 cup sugar, 1 tablespoon at a time, beating until stiff peaks form.
- Spread meringue evenly over the hot filling, sealing to edge of crust.
- Sprinkle with the reserved crumb mixture.
- Bake at 350 for 15 minutes or until meringue is golden. Cool 1 hour on a wire rack. Chill at least 2 hours.

Nutrition Facts



Properties

Glycemic Index:55.32, Glycemic Load:27.69, Inflammation Score:-3, Nutrition Score:5.2400000199028%

Nutrients (% of daily need)

Calories: 280.53kcal (14.03%), Fat: 8.68g (13.35%), Saturated Fat: 4.32g (26.97%), Carbohydrates: 44.94g (14.98%), Net Carbohydrates: 44.35g (16.13%), Sugar: 32.19g (35.76%), Cholesterol: 63.59mg (21.2%), Sodium: 286.24mg (12.45%), Alcohol: 0.13g (100%), Alcohol %: 0.12% (100%), Protein: 6.29g (12.59%), Vitamin B2: 0.24mg (14.22%), Phosphorus: 127.23mg (12.72%), Selenium: 8.19µg (11.7%), Calcium: 103.44mg (10.34%), Vitamin B12: 0.49µg (8.16%), Vitamin A: 369.72IU (7.39%), Vitamin D: 0.92µg (6.16%), Potassium: 202.43mg (5.78%), Vitamin B1: 0.08mg (5.56%), Iron: 0.96mg (5.35%), Zinc: 0.77mg (5.1%), Magnesium: 20.02mg (5.01%), Vitamin B5: 0.45mg (4.46%), Folate: 16.77µg (4.19%), Vitamin B3: 0.75mg (3.75%), Vitamin B6: 0.07mg (3.69%), Fiber: 0.6g (2.39%), Vitamin E: 0.3mg (1.98%), Copper: 0.02mg (1.18%)