



Grandma's Cocoa Meringue Pie

READY IN



60 min.

SERVINGS



8

CALORIES



1163 kcal

DESSERT

Ingredients

- ☐ 4 egg whites
- ☐ 4 egg yolks
- ☐ 0.5 cup flour all-purpose
- ☐ 2 cups milk
- ☐ 9 inch pie shell
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 0.3 teaspoon vanilla extract
- ☐ 0.3 cup sugar white

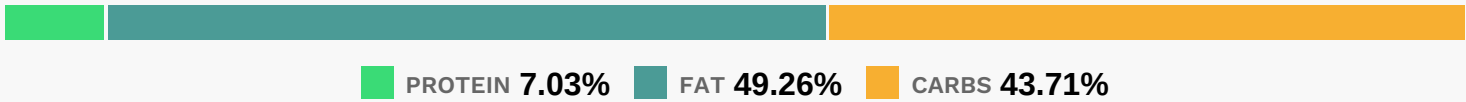
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ double boiler

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C.)
- ☐ In a large saucepan or double boiler combine flour, cocoa powder, 1 cup of sugar, and salt.
- ☐ Mix well, then stir in milk and egg yolks.
- ☐ Whisk until all ingredients are thoroughly combined. Cook over medium heat, stirring constantly, until mixture is thickened.
- ☐ Remove from heat and stir in vanilla extract.
- ☐ Pour mixture into baked pie shell.
- ☐ In a large glass or metal mixing bowl, beat egg whites until foamy. Gradually add 1/4 cup sugar and vanilla, continuing to beat until stiff peaks form.
- ☐ Spread meringue over pie, covering completely.
- ☐ Bake in the preheated oven for 8 to 10 minutes, or until top is lightly browned.
- ☐ Remove and allow to cool before serving.

Nutrition Facts



Properties

Glycemic Index:22.89, Glycemic Load:9.76, Inflammation Score:-6, Nutrition Score:21.647391194883%

Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg,

Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 1162.66kcal (58.13%), Fat: 63.61g (97.86%), Saturated Fat: 20.65g (129.08%), Carbohydrates: 126.95g (42.32%), Net Carbohydrates: 119.79g (43.56%), Sugar: 9.43g (10.48%), Cholesterol: 104.52mg (34.84%), Sodium: 1118.97mg (48.65%), Alcohol: 0.04g (100%), Alcohol %: 0.02% (100%), Caffeine: 8.24mg (2.75%), Protein: 20.44g (40.87%), Manganese: 1.2mg (59.76%), Vitamin B1: 0.73mg (48.9%), Folate: 186.68µg (46.67%), Iron: 6.97mg (38.74%), Vitamin B2: 0.63mg (36.98%), Selenium: 25.22µg (36.03%), Vitamin B3: 6.7mg (33.48%), Phosphorus: 295.71mg (29.57%), Fiber: 7.16g (28.65%), Copper: 0.33mg (16.37%), Vitamin K: 16.78µg (15.98%), Magnesium: 62.79mg (15.7%), Vitamin B5: 1.48mg (14.8%), Calcium: 136.36mg (13.64%), Zinc: 1.77mg (11.83%), Potassium: 407.18mg (11.63%), Vitamin B6: 0.19mg (9.48%), Vitamin E: 1.31mg (8.71%), Vitamin B12: 0.52µg (8.64%), Vitamin D: 1.16µg (7.71%), Vitamin A: 230.85IU (4.62%)