



Individual Lemon Meringue Pies

 Vegetarian

READY IN



85 min.

SERVINGS



6

CALORIES



346 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon cream of tartar
- ☐ 3 egg whites
- ☐ 3 egg yolks
- ☐ 6 graham cracker pie crusts mini store bought
- ☐ 0.5 cup juice of lemon
- ☐ 1 teaspoon lemon zest grated
- ☐ 0.3 cup sugar
- ☐ 14 ounce condensed milk sweetened canned

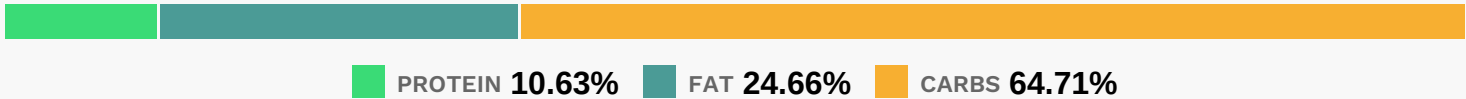
Equipment

- ☐ bowl
- ☐ oven
- ☐ hand mixer
- ☐ blow torch

Directions

- ☐ Preheat oven at 325 degrees F.
- ☐ In medium bowl, combine milk, lemon juice, and zest; blend in egg yolks. Divide among the mini pie crusts.
- ☐ Bake for 10 to 12 minutes until the filling is just set, it can still be wobbly in the center when shaken.
- ☐ With an electric mixer, beat egg whites with cream of tartar until soft peaks form. Gradually beat in the sugar until stiff.
- ☐ Transfer the meringue to a piping bag fitted with a medium star tip. Pipe stars of meringue all over the surface of each pie. With a blow torch, carefully brown the meringue on top of the pies.

Nutrition Facts



Properties

Glycemic Index:34.18, Glycemic Load:35.31, Inflammation Score:-3, Nutrition Score:8.476521735606%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 345.51kcal (17.28%), Fat: 9.64g (14.83%), Saturated Fat: 4.72g (29.49%), Carbohydrates: 56.92g (18.97%), Net Carbohydrates: 56.35g (20.49%), Sugar: 48.2g (53.56%), Cholesterol: 119.69mg (39.9%), Sodium: 205.86mg (8.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.35g (18.71%), Selenium: 17.9µg (25.58%), Vitamin B2:

0.43mg (25.12%), Phosphorus: 234.66mg (23.47%), Calcium: 213.34mg (21.33%), Vitamin C: 10.02mg (12.14%), Potassium: 346.72mg (9.91%), Vitamin B5: 0.82mg (8.21%), Vitamin B12: 0.48µg (8%), Folate: 31.57µg (7.89%), Vitamin B1: 0.11mg (7.53%), Zinc: 1.12mg (7.45%), Magnesium: 28.83mg (7.21%), Vitamin A: 307.78IU (6.16%), Iron: 0.99mg (5.5%), Vitamin B6: 0.09mg (4.5%), Vitamin D: 0.62µg (4.12%), Vitamin B3: 0.71mg (3.53%), Vitamin E: 0.37mg (2.46%), Fiber: 0.57g (2.29%), Copper: 0.03mg (1.44%)