



John Berendt's Favorite Angel Pie

 Gluten Free

READY IN



205 min.

SERVINGS



8

CALORIES



359 kcal

DESSERT

Ingredients

- 8 servings milk chocolate shavings
- 2 teaspoons cornstarch
- 4 egg whites room temperature
- 4 egg yolks
- 1 cup heavy cream
- 0.1 teaspoon salt
- 0.5 cup sugar
- 1.3 cups sugar

- 2 ounce chocolate unsweetened
- 0.8 teaspoon vanilla extract
- 2 tablespoons water
- 2 teaspoons vinegar white

Equipment

- bowl
- oven
- double boiler
- hand mixer
- pie form

Directions

- Preheat oven to 450 degrees F.
- Grease a 9-inch pie pan.
- To make the meringue, beat egg whites with a hand held electric mixer until soft peaks form. In a separate bowl, mix the sugar and cornstarch together, then add 2 tablespoons at a time to the egg whites, beating well between each addition. After the third addition, add the white vinegar. Before the last addition, add the vanilla extract.
- Place into the pie shell and press against sides to form a pie crust.
- Place in oven and turn off oven heat. Leave pie in oven at least 3 hours.
- For filling, melt chocolate in a bowl over a double boiler. In another bowl, beat the yolks, sugar, salt, and water thoroughly. Stir mixture into melted chocolate. Cook mixture over double boiler stirring constantly until very thick. Cool mixture completely. Fold chocolate mixture into whipped cream.
- Pour into cooled shell and chill overnight.
- Top with remaining whipped cream and garnish with chocolate shavings.

Nutrition Facts



Properties

Glycemic Index:23.77, Glycemic Load:32, Inflammation Score:-4, Nutrition Score:6.0347825612711%

Flavonoids

Catechin: 4.56mg, Catechin: 4.56mg, Catechin: 4.56mg, Catechin: 4.56mg Epicatechin: 10.05mg, Epicatechin: 10.05mg, Epicatechin: 10.05mg, Epicatechin: 10.05mg

Nutrients (% of daily need)

Calories: 358.9kcal (17.94%), Fat: 17.39g (26.75%), Saturated Fat: 10.22g (63.85%), Carbohydrates: 50.07g (16.69%), Net Carbohydrates: 48.81g (17.75%), Sugar: 47.25g (52.5%), Cholesterol: 130.88mg (43.63%), Sodium: 76.14mg (3.31%), Alcohol: 0.13g (100%), Alcohol %: 0.14% (100%), Caffeine: 6.53mg (2.18%), Protein: 4.89g (9.78%), Manganese: 0.32mg (15.96%), Selenium: 9.89µg (14.12%), Copper: 0.26mg (12.98%), Vitamin A: 567.6IU (11.35%), Vitamin B2: 0.19mg (10.94%), Iron: 1.61mg (8.95%), Phosphorus: 85.69mg (8.57%), Magnesium: 29.23mg (7.31%), Zinc: 1mg (6.65%), Vitamin D: 0.96µg (6.41%), Fiber: 1.26g (5.04%), Folate: 16.91µg (4.23%), Calcium: 40.79mg (4.08%), Vitamin B12: 0.24µg (3.97%), Vitamin B5: 0.39mg (3.89%), Potassium: 128.54mg (3.67%), Vitamin E: 0.54mg (3.6%), Vitamin B6: 0.05mg (2.25%), Vitamin B1: 0.03mg (2.21%), Vitamin K: 1.77µg (1.69%)