



Lemon and Toasted-Coconut Meringue Pie

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



456 kcal

DESSERT

Ingredients

- ☐ 1.5 cups flour
- ☐ 2 tablespoons cornstarch
- ☐ 0.3 teaspoon cream of tartar
- ☐ 6 large egg whites
- ☐ 1 large egg yolk
- ☐ 6 large egg yolk
- ☐ 4 large eggs
- ☐ 3 tablespoons water ()

- ☐ 0.8 cup juice of lemon fresh
- ☐ 1.3 cups powdered sugar
- ☐ 1 pinch salt
- ☐ 1 cup sugar
- ☐ 1 cup coconut sweetened flaked lightly toasted
- ☐ 0.8 cup butter unsalted cut into 1/2-inch pieces ()

Equipment

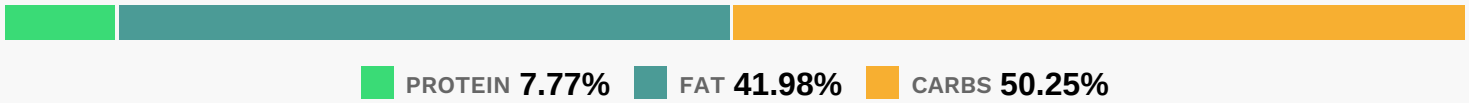
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ aluminum foil
- ☐ pie form

Directions

- ☐ Blend flour, coconut, and salt in processor.
- ☐ Add butter and cut in, using on/off turns, until mixture resembles coarse meal.
- ☐ Whisk egg yolk and 2 tablespoons ice water in small bowl to blend.
- ☐ Add to processor and blend until mixture begins to clump together, adding more ice water by teaspoonfuls if dough is dry. Gather dough into ball; flatten into disk. Wrap in plastic; chill 2 hours. (Can be made 2 days ahead. Keep chilled. Soften slightly at room temperature before rolling.)
- ☐ Roll out dough on floured surface to 13-inch round.
- ☐ Transfer to 10-inch-diameter glass pie dish. Fold overhang under; crimp decoratively. Pierce crust all over with fork; freeze 30 minutes.
- ☐ Preheat oven to 375°F. Line crust with foil; fill with dried beans or pie weights.
- ☐ Bake until crust is set, about 20 minutes.
- ☐ Remove foil and beans.

- ☐ Bake until crust is pale golden, about 15 minutes longer. Cool completely on rack.
- ☐ Preheat oven to 300°F.
- ☐ Whisk sugar and cornstarch in heavy medium saucepan to blend.
- ☐ Whisk in yolks, whole eggs, lemon juice, and salt.
- ☐ Whisk over medium heat until mixture thickens and just begins to boil around edges, about 6 minutes.
- ☐ Add butter; whisk until smooth. Cool 10 minutes.
- ☐ Pour warm filling into crust.
- ☐ Using electric mixer, beat egg whites in large bowl until foamy.
- ☐ Add cream of tartar and 1 tablespoon powdered sugar and beat until soft peaks form. Beat in remaining sugar, 1 tablespoon at a time, then beat until stiff glossy peaks form, about 7 minutes. Gently fold 3/4 cup toasted coconut into meringue.
- ☐ Spread coconut meringue over warm filling, covering completely, sealing meringue to crust edges and mounding in center.
- ☐ Bake pie 30 minutes. Reduce oven temperature to 275°F; bake 30 minutes longer.
- ☐ Sprinkle remaining 1/4 cup toasted coconut over pie; continue to bake until meringue is light golden brown and set when pie is shaken slightly, about 15 minutes longer.
- ☐ Transfer pie to rack and cool completely, about 4 hours. (Can be made 1 day ahead. Refrigerate uncovered.)

Nutrition Facts



Properties

Glycemic Index:14.51, Glycemic Load:24.31, Inflammation Score:-4, Nutrition Score:9.2078261116277%

Flavonoids

Eriodictyol: 0.89mg, Eriodictyol: 0.89mg, Eriodictyol: 0.89mg, Eriodictyol: 0.89mg Hesperetin: 2.65mg, Hesperetin: 2.65mg, Hesperetin: 2.65mg, Hesperetin: 2.65mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 455.85kcal (22.79%), Fat: 21.57g (33.19%), Saturated Fat: 12.79g (79.93%), Carbohydrates: 58.09g (19.36%), Net Carbohydrates: 56.68g (20.61%), Sugar: 39.54g (43.93%), Cholesterol: 239.52mg (79.84%), Sodium: 98.44mg (4.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.99g (17.97%), Selenium: 24.94µg (35.63%), Vitamin B2: 0.35mg (20.61%), Folate: 66.3µg (16.58%), Vitamin A: 706.15IU (14.12%), Phosphorus: 123.49mg (12.35%), Vitamin B1: 0.18mg (12.23%), Manganese: 0.23mg (11.45%), Iron: 1.74mg (9.65%), Vitamin D: 1.3µg (8.65%), Vitamin C: 7.08mg (8.58%), Vitamin B5: 0.84mg (8.37%), Vitamin B12: 0.46µg (7.61%), Vitamin E: 0.95mg (6.34%), Vitamin B3: 1.23mg (6.14%), Fiber: 1.42g (5.67%), Zinc: 0.76mg (5.06%), Vitamin B6: 0.1mg (4.82%), Potassium: 159.67mg (4.56%), Copper: 0.09mg (4.5%), Magnesium: 15.17mg (3.79%), Calcium: 37.4mg (3.74%), Vitamin K: 1.39µg (1.33%)