

Lemon Cake Pie



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



1

CALORIES



1769 kcal

DESSERT

Ingredients

- ☐ 3 large eggs separated
- ☐ 2 juice of lemon
- ☐ 1 lemon zest
- ☐ 1.3 cup milk
- ☐ 1 pinch salt
- ☐ 1.5 cup sugar
- ☐ 2 tablespoon butter unsalted melted

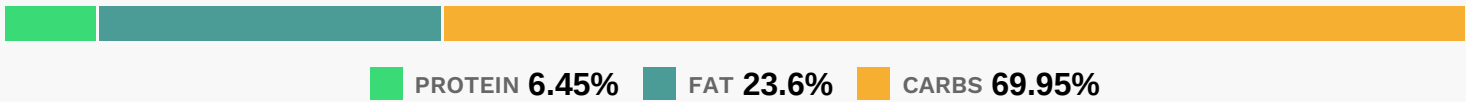
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Put rack on lowest position in oven. Preheat oven to 375.Line the bottom and sides of a 9-inch pie tine with ½ a recipe of Perfect Pie Crust. Crimp or decorate the edges as desired.In a medium bowl, stir together melted butter and sugar. Stir in flour, salt, lemon peel and lemon juice.In a small bowl, beat egg yolks with milk until well blended, stir into lemon mixture.In another medium sized bowl, beat egg whites with an electric mixer until they hold distinct but moist peaks. Gently fold egg whites into lemon mixture. (Don't mix it too much.).
- ☐ Pour filling into prepared pie crust.
- ☐ Bake on the lowest rack of the oven until the top is browned and the center jiggles only slightly when pan is gently shaken (45–55 minutes). If the crust begins to brown excessively, drape it with foil.
- ☐ Let cool before serving.

Nutrition Facts



Properties

Glycemic Index:108.09, Glycemic Load:214.84, Inflammation Score:-7, Nutrition Score:27.766956215319%

Flavonoids

Eriodictyol: 2.93mg, Eriodictyol: 2.93mg, Eriodictyol: 2.93mg, Eriodictyol: 2.93mg Hesperetin: 8.68mg, Hesperetin: 8.68mg, Hesperetin: 8.68mg, Hesperetin: 8.68mg Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 1769.28kcal (88.46%), Fat: 47.86g (73.63%), Saturated Fat: 24.78g (154.86%), Carbohydrates: 319.24g (106.41%), Net Carbohydrates: 318.42g (115.79%), Sugar: 316.4g (351.56%), Cholesterol: 654.8mg (218.27%), Sodium:

374.7mg (16.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.44g (58.88%), Selenium: 54.03µg (77.18%), Vitamin B2: 1.19mg (69.81%), Phosphorus: 617.29mg (61.73%), Vitamin B12: 3.03µg (50.49%), Calcium: 480.53mg (48.05%), Vitamin D: 6.78µg (45.17%), Vitamin A: 2010.42IU (40.21%), Vitamin C: 30.96mg (37.53%), Vitamin B5: 3.57mg (35.66%), Vitamin B6: 0.48mg (23.99%), Zinc: 3.29mg (21.91%), Potassium: 748.63mg (21.39%), Folate: 84.12µg (21.03%), Vitamin B1: 0.25mg (16.68%), Vitamin E: 2.48mg (16.55%), Iron: 2.88mg (15.98%), Magnesium: 59.66mg (14.92%), Copper: 0.15mg (7.58%), Manganese: 0.07mg (3.73%), Fiber: 0.82g (3.26%), Vitamin K: 3.33µg (3.17%), Vitamin B3: 0.52mg (2.62%)