



Lemon Chess Pie

READY IN



41 min.

SERVINGS



8

CALORIES



277 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 1 egg white lightly beaten
- ☐ 4 large eggs separated
- ☐ 0.5 cup juice of lemon fresh
- ☐ 6 oz ready-made shortbread piecrust
- ☐ 0.8 cup sugar
- ☐ 8 servings garnishes: whipped cream fresh

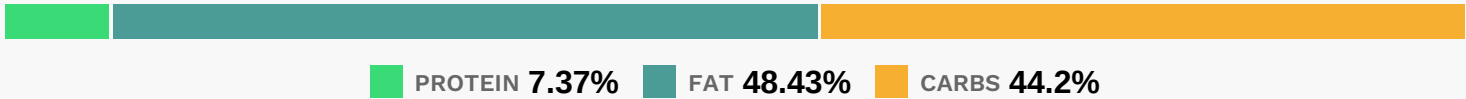
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 35
- ☐ Brush piecrust with beaten egg white.
- ☐ Bake 6 minutes.
- ☐ Remove from oven, and cool completely on a wire rack (about 30 minutes).
- ☐ Beat 4 egg whites at high speed with an electric mixer until stiff peaks form.
- ☐ Whisk together 4 egg yolks, sugar, and melted butter in a large bowl until blended. Stir in lemon juice. Fold in egg whites.
- ☐ Pour mixture into cooled piecrust, and place pie on a baking sheet.
- ☐ Bake at 350 for 25 to 30 minutes or until set, shielding edges with aluminum foil after 20 minutes to prevent excessive browning.
- ☐ Remove from oven to wire rack, and cool completely (about 1 hour).
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:21.89, Glycemic Load:13.5, Inflammation Score:-2, Nutrition Score:4.7652173871579%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 276.69kcal (13.83%), Fat: 15.11g (23.25%), Saturated Fat: 7g (43.75%), Carbohydrates: 31.03g (10.34%), Net Carbohydrates: 30.45g (11.07%), Sugar: 19.7g (21.89%), Cholesterol: 112.81mg (37.6%), Sodium: 175.12mg (7.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.17g (10.35%), Selenium: 9.92µg (14.17%), Vitamin B2: 0.18mg (10.53%), Folate: 30.23µg (7.56%), Phosphorus: 73.63mg (7.36%), Vitamin C: 5.9mg (7.15%), Vitamin A: 354.5IU (7.09%), Iron: 1.02mg (5.66%), Vitamin B5: 0.52mg (5.23%), Manganese: 0.1mg (5.2%), Vitamin B1: 0.07mg (4.99%), Vitamin B12: 0.26µg (4.26%), Vitamin E: 0.59mg (3.91%), Vitamin D: 0.52µg (3.49%), Vitamin B6: 0.06mg (3.15%), Vitamin B3: 0.62mg (3.09%), Zinc: 0.46mg (3.05%), Calcium: 27.17mg (2.72%), Potassium: 87.84mg (2.51%), Fiber: 0.58g (2.31%), Vitamin K: 2.24µg (2.13%), Magnesium: 8.32mg (2.08%), Copper: 0.04mg (1.96%)