



Lemon Chess Pie

READY IN



55 min.

SERVINGS



10

CALORIES



220 kcal

DESSERT

Ingredients

- 0.5 pie crust dough
- 4 tablespoons butter unsalted
- 1.5 cups granulated sugar
- 3 large eggs
- 1 tablespoon cornmeal
- 1 juice of lemon

Equipment

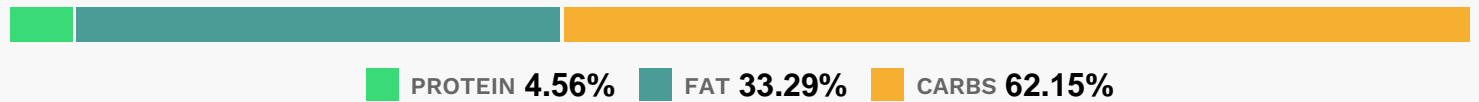
- sauce pan

- oven
- wire rack

Directions

- Preheat the oven to 350° F (180°C). Line a 9-inch pie plate with the rolled-out Vinegar Pie Crust. (For a particularly crisp crust, consider parbaking the crust per the instructions in the pastry recipe.)
- Melt the butter in a saucepan over medium heat.
- Remove from the heat and stir in the sugar. Beat in the eggs, one at a time. Then stir in the cornmeal, followed by the lemon juice, mixing just until combined.
- Pour the filling into the crust.
- Bake the pie for 35 to 45 minutes, until the filling is a deep golden brown. Cool on a wire rack for 1 hour before slicing.

Nutrition Facts



Properties

Glycemic Index:13.86, Glycemic Load:21.38, Inflammation Score:-1, Nutrition Score:2.4308695585831%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 220.45kcal (11.02%), Fat: 8.35g (12.84%), Saturated Fat: 4.05g (25.32%), Carbohydrates: 35.06g (11.69%), Net Carbohydrates: 34.74g (12.63%), Sugar: 30.09g (33.43%), Cholesterol: 67.84mg (22.61%), Sodium: 57.05mg (2.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.57g (5.14%), Selenium: 5.39µg (7.7%), Vitamin B2: 0.09mg (5.41%), Vitamin A: 221.21IU (4.42%), Phosphorus: 39.65mg (3.97%), Folate: 14.11µg (3.53%), Iron: 0.53mg (2.96%), Vitamin B5: 0.28mg (2.8%), Vitamin D: 0.38µg (2.56%), Manganese: 0.05mg (2.5%), Vitamin B12: 0.14µg (2.38%), Vitamin B1: 0.03mg (2.23%), Vitamin E: 0.33mg (2.23%), Vitamin B6: 0.04mg (1.86%), Zinc: 0.27mg (1.82%), Vitamin C: 1.16mg (1.41%), Vitamin B3: 0.27mg (1.35%), Fiber: 0.32g (1.26%), Calcium: 11.9mg (1.19%), Copper: 0.02mg (1.15%), Magnesium: 4.44mg (1.11%), Potassium: 37.2mg (1.06%), Vitamin K: 1.06µg (1.01%)