



## Lemon Chess Pie Filling

 Vegetarian

READY IN



10 min.

SERVINGS



10

CALORIES



235 kcal

DESSERT

### Ingredients

- 0.3 cup butter melted
- 1 tablespoon cornmeal
- 4 large eggs
- 1 tablespoon flour all-purpose
- 0.3 cup juice of lemon fresh
- 1 tablespoon lemon rind grated
- 0.3 cup milk
- 0.3 teaspoon salt

2 cups sugar

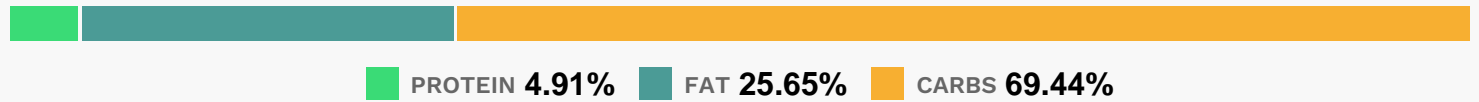
## Equipment

whisk

## Directions

Whisk together all ingredients. Use filling immediately.

## Nutrition Facts



## Properties

Glycemic Index:30.16, Glycemic Load:28.88, Inflammation Score:-1, Nutrition Score:2.7765217436397%

## Flavonoids

Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 235.14kcal (11.76%), Fat: 6.91g (10.63%), Saturated Fat: 3.67g (22.94%), Carbohydrates: 42.09g (14.03%), Net Carbohydrates: 41.89g (15.23%), Sugar: 40.49g (44.99%), Cholesterol: 87.33mg (29.11%), Sodium: 125.9mg (5.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.97g (5.95%), Selenium: 6.88µg (9.82%), Vitamin B2: 0.12mg (6.79%), Vitamin A: 260.37IU (5.21%), Phosphorus: 50.74mg (5.07%), Vitamin C: 3.13mg (3.8%), Vitamin B12: 0.22µg (3.68%), Vitamin B5: 0.35mg (3.55%), Folate: 12.58µg (3.15%), Vitamin D: 0.47µg (3.11%), Iron: 0.45mg (2.48%), Vitamin E: 0.36mg (2.4%), Vitamin B6: 0.05mg (2.4%), Zinc: 0.33mg (2.22%), Calcium: 21.84mg (2.18%), Vitamin B1: 0.02mg (1.49%), Potassium: 50.19mg (1.43%), Magnesium: 4.94mg (1.23%), Copper: 0.02mg (1.12%)