



Lemon Chess Pie II

READY IN



45 min.

SERVINGS



10

CALORIES



246 kcal

DESSERT

Ingredients

- 1 tablespoon butter melted
- 1 tablespoon cornmeal
- 1 9-inch deep dish pie crust ()
- 3 egg whites
- 2 eggs
- 1 tablespoon flour all-purpose
- 0.3 cup juice of lemon fresh
- 1 teaspoon lemon zest
- 1 cup skim milk

1.3 cups sugar white

Equipment

bowl

oven

Directions

Bake pie shell at 350 degrees F (175 degrees C) for 10 minutes. Cool slightly.

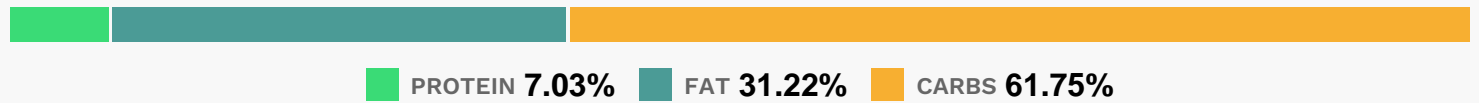
Beat egg whites until stiff.

In a large bowl, beat together sugar and butter or margarine. Beat in eggs and milk. Stir in cornmeal, flour, lemon juice, and rind. Fold in egg whites. Scrape filling into pie shell.

Place pie in lower third of oven.

Bake at 350 degrees F (175 degrees C) for 30 to 40 minutes, or until golden on top. Pie will firm up as it cools.

Nutrition Facts



Properties

Glycemic Index:29.68, Glycemic Load:18.7, Inflammation Score:-2, Nutrition Score:3.9478260641513%

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: 245.66kcal (12.28%), Fat: 8.66g (13.33%), Saturated Fat: 2.86g (17.86%), Carbohydrates: 38.56g (12.85%), Net Carbohydrates: 38.09g (13.85%), Sugar: 26.46g (29.4%), Cholesterol: 36.48mg (12.16%), Sodium: 126.64mg (5.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.39g (8.78%), Selenium: 6.49µg (9.28%), Vitamin B2: 0.16mg (9.12%), Phosphorus: 64.26mg (6.43%), Folate: 25.39µg (6.35%), Manganese: 0.13mg (6.25%), Vitamin B1: 0.08mg (5.3%), Calcium: 43.81mg (4.38%), Iron: 0.76mg (4.2%), Vitamin B12: 0.23µg (3.85%), Vitamin B3: 0.69mg (3.43%), Vitamin B5: 0.34mg (3.4%), Vitamin K: 3.52µg (3.35%), Vitamin C: 2.62mg (3.17%), Vitamin D: 0.45µg (2.97%), Potassium: 99.76mg (2.85%), Vitamin E: 0.42mg (2.79%), Vitamin A: 132.95IU (2.66%), Magnesium: 10.03mg (2.51%), Zinc: 0.37mg (2.49%), Vitamin B6: 0.05mg (2.48%), Fiber: 0.47g (1.88%), Copper: 0.03mg (1.66%)