



Lemon Chiffon Pie with Gingersnap Crust

READY IN



45 min.

SERVINGS



8

CALORIES



394 kcal

DESSERT

Ingredients

- ☐ 1.3 cups ground gingersnap cookie crumbs finely (25 cookies ground in processor)
- ☐ 1 teaspoon crystallized ginger minced
- ☐ 4 large egg yolks
- ☐ 1 envelope gelatin powder unflavored
- ☐ 2 cups ice cubes
- ☐ 0.8 cup strained lemon juice fresh
- ☐ 2 teaspoons lemon zest finely grated
- ☐ 1 strips lemon zest with citrus zester
- ☐ 0.3 cup powdered sugar

- ☐ 0.1 teaspoon sea salt fine
- ☐ 0.8 cup sugar
- ☐ 5 tablespoons butter unsalted melted
- ☐ 0.3 cup water
- ☐ 1.3 cups whipping cream chilled

Equipment

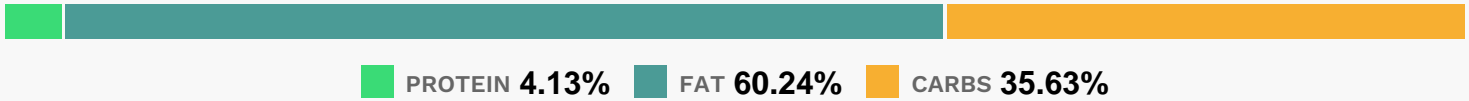
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ hand mixer
- ☐ kitchen thermometer
- ☐ pie form
- ☐ chopsticks
- ☐ zester

Directions

- ☐ Position rack in center of oven and preheat to 350°F.
- ☐ Mix gingersnap cookie crumbs, sugar, and ginger in medium bowl.
- ☐ Add melted butter and stir until mixture is evenly moistened.
- ☐ Transfer crumb mixture to 9-inch-diameter glass pie dish; press crumbs firmly and evenly onto bottom and up sides to top of dish.
- ☐ Bake until crust is firm and slightly darker in color, about 8 minutes. Cool crust completely.
- ☐ Pour enough cold water into medium bowl to come halfway up sides; add 2 cups ice cubes and set aside.
- ☐ Pour 1/4 cup water into small bowl; sprinkle gelatin over.
- ☐ Let stand until gelatin softens, about 15 minutes.

- ☐ Whisk 3/4 cup sugar, lemon juice, egg yolks, grated lemon peel, and salt in heavy medium saucepan to blend.
- ☐ Whisk constantly over medium heat until mixture thickens very slightly (mixture will coat spoon but will not be thick like curd) and thermometer inserted into mixture registers 160°F, about 6 minutes (do not boil).
- ☐ Add gelatin mixture; whisk until gelatin dissolves and mixture is smooth, about 1 minute.
- ☐ Place saucepan in bowl with ice water until lemon filling is cool to touch, whisking occasionally, about 8 minutes.
- ☐ Transfer lemon filling to large bowl.
- ☐ Using electric mixer, beat whipping cream with powdered sugar in another medium bowl until peaks form. Fold 1/4 of whipped cream into lemon filling until incorporated. Fold in remaining whipped cream in 3 additions.
- ☐ Transfer filling to cool crust, mounding slightly in center. Refrigerate pie until filling is set, about 4 hours.
- ☐ Do ahead: Can be made 1 day ahead. Keep refrigerated.
- ☐ Let stand at room temperature 20 minutes before serving.
- ☐ Toss lemon peel strips with remaining 2 tablespoons sugar in small bowl; let stand 10 minutes. Twist peel to form curls (see tip below).
- ☐ Garnish center of pie with lemon peel curls.
- ☐ Remove peel in long strips using a citrus zester or channel knife. Twist strips around chopstick to form curls, then slide curls off.

Nutrition Facts



Properties

Glycemic Index:16.76, Glycemic Load:19.34, Inflammation Score:-5, Nutrition Score:5.6226086409196%

Flavonoids

Eriodictyol: 1.12mg, Eriodictyol: 1.12mg, Eriodictyol: 1.12mg, Eriodictyol: 1.12mg Hesperetin: 3.31mg, Hesperetin: 3.31mg, Hesperetin: 3.31mg, Hesperetin: 3.31mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 393.87kcal (19.69%), Fat: 26.99g (41.52%), Saturated Fat: 15.14g (94.6%), Carbohydrates: 35.92g (11.97%), Net Carbohydrates: 35.58g (12.94%), Sugar: 27.96g (31.07%), Cholesterol: 152.63mg (50.88%), Sodium: 112.24mg (4.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.16g (8.32%), Vitamin A: 903.01IU (18.06%), Vitamin C: 9.88mg (11.98%), Selenium: 7.44µg (10.63%), Vitamin B2: 0.18mg (10.41%), Folate: 31.74µg (7.93%), Vitamin D: 1.19µg (7.9%), Vitamin E: 1.18mg (7.88%), Phosphorus: 69.38mg (6.94%), Vitamin B1: 0.08mg (5.6%), Calcium: 44.58mg (4.46%), Vitamin B5: 0.44mg (4.39%), Iron: 0.78mg (4.34%), Vitamin B12: 0.24µg (4%), Manganese: 0.08mg (3.85%), Vitamin K: 3.58µg (3.41%), Vitamin B6: 0.07mg (3.29%), Copper: 0.06mg (3.07%), Vitamin B3: 0.57mg (2.83%), Zinc: 0.39mg (2.62%), Potassium: 85.6mg (2.45%), Magnesium: 7.72mg (1.93%), Fiber: 0.34g (1.35%)