



Lemon Chiffon Pie with Glazed Cranberries

READY IN



45 min.

SERVINGS



10

CALORIES



447 kcal

DESSERT

Ingredients

- ☐ 2 cups shortbread cookie crumbs
- ☐ 8 ounces cranberries fresh whole
- ☐ 4 large eggs separated
- ☐ 1.5 teaspoons gelatin powder unflavored
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 teaspoon lemon zest grated
- ☐ 0.5 cup currant jelly
- ☐ 0.5 cup sugar
- ☐ 3.5 tablespoons butter unsalted melted

- ☐ 0.3 cup water
- ☐ 0.5 cup whipping cream chilled

Equipment

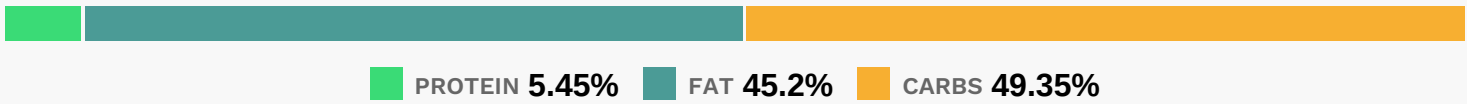
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ double boiler
- ☐ hand mixer
- ☐ pie form

Directions

- ☐ Preheat oven to 350°F. Spray 9-inch deep-dish glass pie dish with nonstick spray.
- ☐ Mix cookie crumbs and melted butter in small bowl. Press crumb mixture over bottom and up sides of prepared dish.
- ☐ Bake until golden brown, about 20 minutes. Cool on rack.
- ☐ Place 1/4 cup water in small bowl; sprinkle gelatin over.
- ☐ Let stand until gelatin softens, about 10 minutes.
- ☐ Whisk egg yolks, 1/3 cup sugar, lemon juice, and lemon peel in top of double boiler to blend. Cook over barely simmering water until custard thickens, whisking frequently, about 6 minutes.
- ☐ Transfer to large bowl.
- ☐ Add gelatin to hot custard; whisk to dissolve.
- ☐ Place over bowl of ice water; stir until cool and thickened but not set, about 12 minutes.
- ☐ Using electric mixer, beat egg whites in another large bowl until soft peaks form. Gradually add 1/3 cup sugar; beat until stiff but not dry. Fold egg white mixture into custard in 2 additions. Using electric mixer, beat cream in medium bowl until peaks form. Fold into lemon mixture.

- ☐
- Transfer filling to cooled crust. Cover with plastic and chill overnight. (Can be made 2 days ahead. Keep chilled.)
- ☐
- Stir sugar and 1/3 cup water in medium saucepan over medium-low heat until sugar dissolves. Increase heat to medium-high; bring to boil.
- ☐
- Add cranberries; cook until half have popped, about 5 minutes.
- ☐
- Add jelly; stir until melted. Cool to room temperature. Gently spoon topping over pie. Chill at least 30 minutes to set. (Can be made 4 hours ahead; keep refrigerated.)

Nutrition Facts



Properties

Glycemic Index:23.41, Glycemic Load:33.1, Inflammation Score:-4, Nutrition Score:7.8895652086838%

Flavonoids

Cyanidin: 10.53mg, Cyanidin: 10.53mg, Cyanidin: 10.53mg, Cyanidin: 10.53mg Delphinidin: 1.74mg, Delphinidin: 1.74mg, Delphinidin: 1.74mg, Delphinidin: 1.74mg Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 11.15mg, Peonidin: 11.15mg, Peonidin: 11.15mg, Peonidin: 11.15mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 1.18mg, Hesperetin: 1.18mg, Hesperetin: 1.18mg, Hesperetin: 1.18mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.51mg, Myricetin: 1.51mg, Myricetin: 1.51mg, Myricetin: 1.51mg Quercetin: 3.4mg, Quercetin: 3.4mg, Quercetin: 3.4mg, Quercetin: 3.4mg

Nutrients (% of daily need)

Calories: 447.49kcal (22.37%), Fat: 22.66g (34.87%), Saturated Fat: 9.72g (60.75%), Carbohydrates: 55.66g (18.55%), Net Carbohydrates: 54g (19.64%), Sugar: 30.05g (33.39%), Cholesterol: 98.38mg (32.79%), Sodium: 206.84mg (8.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.15g (12.31%), Vitamin B2: 0.29mg (16.83%), Manganese: 0.3mg (14.94%), Selenium: 10.15µg (14.5%), Folate: 52.28µg (13.07%), Vitamin E: 1.92mg (12.8%), Vitamin B1: 0.19mg (12.35%), Iron: 1.93mg (10.71%), Vitamin C: 8.15mg (9.88%), Vitamin A: 460.27IU (9.21%), Phosphorus: 85.54mg (8.55%), Vitamin B3: 1.61mg (8.07%), Vitamin K: 7.12µg (6.78%), Fiber: 1.66g (6.66%), Vitamin B5: 0.57mg (5.68%), Copper: 0.11mg (5.26%), Vitamin B6: 0.09mg (4.62%), Vitamin D: 0.66µg (4.43%), Zinc: 0.56mg (3.74%), Potassium: 121.95mg (3.48%), Vitamin B12: 0.21µg (3.42%), Calcium: 33.02mg (3.3%), Magnesium: 12.73mg (3.18%)