

Lemon Cloud Pie I

READY IN



120 min.

SERVINGS



8

CALORIES



204 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons cornstarch
- ☐ 3 ounce cream cheese
- ☐ 2 eggs
- ☐ 0.3 cup juice of lemon
- ☐ 1 teaspoon lemon zest
- ☐ 19-inch pie crust ()
- ☐ 1 cup water
- ☐ 0.3 cup sugar white

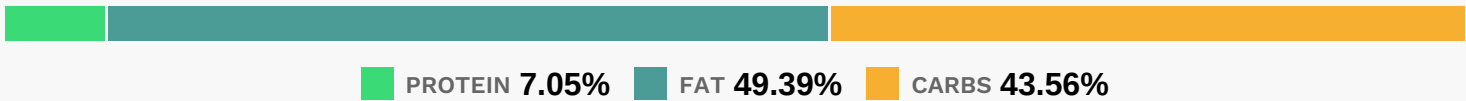
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Combine 3/4 cup sugar, cornstarch, water, lemon peel and juice, and egg yolks in a saucepan. Beat well. Stir while cooking over medium heat until thick; it will thicken just as it starts to simmer.
- ☐ Remove saucepan from heat.
- ☐ Add cream cheese to lemon mixture, and stir until incorporated.
- ☐ In a small bowl, beat egg whites until stiff; add remaining 1/4 cup sugar. Fold sweetened egg whites into lemon mixture.
- ☐ Spoon filling into shell and chill.

Nutrition Facts



Properties

Glycemic Index:12.14, Glycemic Load:4.52, Inflammation Score:-2, Nutrition Score:3.4830434892489%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 204.48kcal (10.22%), Fat: 11.26g (17.32%), Saturated Fat: 4.53g (28.34%), Carbohydrates: 22.35g (7.45%), Net Carbohydrates: 21.65g (7.87%), Sugar: 6.88g (7.65%), Cholesterol: 51.66mg (17.22%), Sodium: 153.15mg (6.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.62g (7.24%), Selenium: 5.85µg (8.35%), Vitamin B2: 0.12mg (7.04%), Folate: 25.18µg (6.3%), Manganese: 0.12mg (5.88%), Phosphorus: 52.19mg (5.22%), Vitamin B1: 0.08mg (5.17%), Iron: 0.88mg (4.89%), Vitamin A: 203.01IU (4.06%), Vitamin C: 3.27mg (3.97%), Vitamin B3: 0.7mg (3.5%), Vitamin B5: 0.34mg (3.41%), Fiber: 0.7g (2.81%), Calcium: 23.02mg (2.3%), Vitamin E: 0.33mg (2.23%), Zinc: 0.32mg (2.12%), Vitamin B6: 0.04mg (2.05%), Vitamin B12: 0.12µg (2.02%), Vitamin K: 2.08µg (1.98%), Copper: 0.04mg (1.84%), Potassium: 61.93mg (1.77%), Magnesium: 6.91mg (1.73%), Vitamin D: 0.22µg (1.47%)