



Lemon Cream Pie

READY IN



240 min.

SERVINGS



8

CALORIES



369 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons butter softened
- ☐ 3 tablespoons cornstarch
- ☐ 2 large eggs
- ☐ 1.5 cups milk fat-free
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 tablespoon lemon rind divided grated
- ☐ 14.1 ounce pie dough refrigerated (such as Pillsbury)
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar

☐ 1.5 cups non-dairy whipped topping fat-free frozen thawed

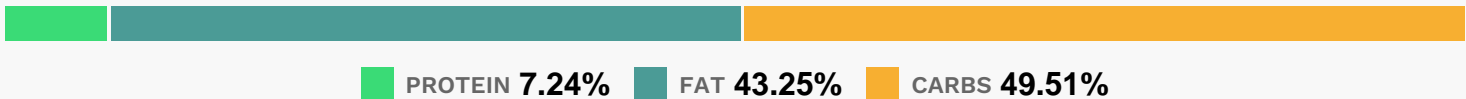
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ plastic wrap

Directions

- ☐ Roll dough into a 12-inch circle; fit into a 9-inch pie plate coated with cooking spray. Fold edges under, and flute.
- ☐ Bake piecrust according to package directions. Cool completely on a wire rack.
- ☐ Combine sugar, 2 1/2 teaspoons rind, and the next 4 ingredients (through eggs) in a large bowl, stirring well.
- ☐ Combine milk and cheese in a medium, heavy saucepan over medium-high heat; cook until mixture reaches 180 or until tiny bubbles form around edge (do not boil). Gradually add the hot milk mixture to sugar mixture, stirring constantly with a whisk. Return milk mixture to pan, and cook over medium heat 10 minutes or until thick and bubbly, stirring constantly.
- ☐ Remove from heat; stir in butter.
- ☐ Place pan in a large ice-filled bowl for 10 minutes or until the mixture cools to room temperature, stirring occasionally. Spoon filling into prepared crust, and cover surface of filling with plastic wrap. Chill for 3 hours or until set, and remove plastic wrap.
- ☐ Spread the whipped topping evenly over chilled pie, and sprinkle with remaining 1/2 teaspoon lemon rind.

Nutrition Facts



Properties

Glycemic Index:19.17, Glycemic Load:9.47, Inflammation Score:-3, Nutrition Score:7.2443478418433%

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: 369.47kcal (18.47%), Fat: 17.86g (27.47%), Saturated Fat: 6.7g (41.85%), Carbohydrates: 45.98g (15.33%), Net Carbohydrates: 44.55g (16.2%), Sugar: 17.32g (19.24%), Cholesterol: 57.65mg (19.22%), Sodium: 346.76mg (15.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.73g (13.45%), Vitamin B2: 0.29mg (17.33%), Vitamin B1: 0.19mg (12.76%), Phosphorus: 121.37mg (12.14%), Selenium: 8.23µg (11.76%), Folate: 45.89µg (11.47%), Manganese: 0.23mg (11.45%), Vitamin B12: 0.59µg (9.86%), Calcium: 94.85mg (9.49%), Iron: 1.56mg (8.64%), Vitamin B3: 1.48mg (7.38%), Vitamin B5: 0.57mg (5.74%), Fiber: 1.43g (5.74%), Vitamin A: 274.62IU (5.49%), Vitamin D: 0.76µg (5.04%), Potassium: 167.87mg (4.8%), Vitamin C: 3.92mg (4.75%), Vitamin B6: 0.1mg (4.75%), Zinc: 0.65mg (4.32%), Magnesium: 16.36mg (4.09%), Vitamin K: 3.97µg (3.78%), Vitamin E: 0.47mg (3.12%), Copper: 0.05mg (2.72%)