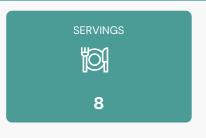


Lemon Cream Pie







DESSERT

Ingredients

0.3 cup sugar

Equipment	
	bowl
	baking sheet
	sauce pan
	oven
	whisk
	hand mixer
	aluminum foil
	spatula
Directions	
	Preheat oven to 425 degrees. Line crust with aluminum foil; leave an overhang and fold over edge. Fill crust with dried beans, pie weights, or uncooked rice.
	Place crust on a baking sheet; bake until set and lightly golden, about 20 minutes.
	Remove foil (and beans).
	Bake without foil, 5 to 10 minutes more; if crust bubbles up, press down gently. Cool.
	Reduce oven temperature to 350 degrees. In a large bowl, whisk eggs, sugar, sour cream, and salt; gradually whisk in lemon juice.
	Pour mixture into crust.
	Place on a baking sheet; bake until barely set (center of pie will still wiggle slightly), 25 to 35 minutes. Cool completely.
	Place 2 tablespoons cold water in a small saucepan, and sprinkle with gelatin; let soften about 5 minutes.
	Heat mixture over very low heat, stirring, until gelatin dissolves.
	Let cool.
	In a large bowl, using an electric mixer, beat cream and sugar until very soft peaks form. While beating, slowly add gelatin mixture, and continue beating until soft peaks form. Using a rubber spatula, spread over cooled pie. Refrigerate until ready to serve, at least 1 hour or, loosely covered, up to 1 day.

Nutrition Facts

PROTEIN 5.86% FAT 53.98% CARBS 40.16%

Properties

Glycemic Index:17.52, Glycemic Load:21.82, Inflammation Score:-5, Nutrition Score:6.7730434459189%

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, Quercetin: 0.08mg, Quercetin: 0.08mg,

Nutrients (% of daily need)

Calories: 440.07kcal (22%), Fat: 26.97g (41.49%), Saturated Fat: 14.24g (89.01%), Carbohydrates: 45.15g (15.05%), Net Carbohydrates: 44.55g (16.2%), Sugar: 33.65g (37.39%), Cholesterol: 151.91mg (50.64%), Sodium: 213.11mg (9.27%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 6.59g (13.17%), Vitamin A: 882.13IU (17.64%), Selenium: 11.16µg (15.95%), Vitamin B2: 0.27mg (15.82%), Vitamin C: 9.25mg (11.21%), Phosphorus: 103.63mg (10.36%), Folate: 34µg (8.5%), Vitamin D: 1.21µg (8.09%), Vitamin B5: 0.66mg (6.62%), Calcium: 64.01mg (6.4%), Iron: 1.08mg (6.03%), Vitamin E: 0.86mg (5.73%), Vitamin B1: 0.09mg (5.72%), Vitamin B12: 0.32µg (5.4%), Manganese: 0.11mg (5.38%), Vitamin B6: 0.09mg (4.26%), Potassium: 139.76mg (3.99%), Zinc: 0.59mg (3.92%), Vitamin B3: 0.66mg (3.28%), Vitamin K: 3.27µg (3.11%), Magnesium: 12.23mg (3.06%), Copper: 0.06mg (2.91%), Fiber: 0.6g (2.4%)