



## Lemon Cream Pie

READY IN



180 min.

SERVINGS



8

CALORIES



440 kcal

DESSERT

### Ingredients

- 1 pie crust dough
- 4 large eggs
- 1 cup sugar
- 0.5 cup cream sour
- 0.8 cup juice of lemon fresh (from 4 lemons)
- 0.3 teaspoon salt
- 1 teaspoon gelatin powder unflavored (from a)
- 1.5 cups cup heavy whipping cream
- 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, Naringenin: 0.32mg Quercetin: 0.08mg, Quercetin: 0.08mg, 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: 0g (100%), Alcohol %: 0% (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%)