



Lemon Icebox Pie

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



803 kcal

DESSERT

Ingredients

- ☐ 28 ounce condensed milk canned
- ☐ 0.3 cup confectioners' sugar
- ☐ 8 large egg yolks
- ☐ 14 graham crackers whole
- ☐ 2 cups heavy cream
- ☐ 1.3 cups lemon zest (from the 2 zested lemons below plus an additional 4–6)
- ☐ 2 lemon zest
- ☐ 0.3 teaspoon salt

- ☐ 0.3 cup sugar
- ☐ 6 tablespoons butter unsalted melted
- ☐ 0.5 teaspoon vanilla extract

Equipment

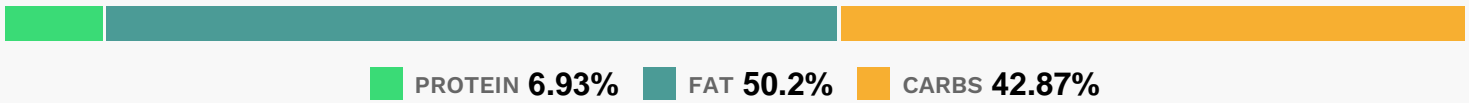
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ plastic wrap
- ☐ hand mixer
- ☐ stand mixer
- ☐ kitchen towels
- ☐ springform pan
- ☐ measuring cup

Directions

- ☐ Heat the oven to 325°F. Break the graham crackers into small pieces and place in the bowl of a food processor along with the sugar and salt. Pulse 8 times, until the cracker crumbs are semi-fine (they shouldn't be powdery but not in large shards either) and the crackers and sugar are combined.
- ☐ Pour in the butter and pulse until the butter is blended in and the mixture isn't crumbly and holds its shape when you squeeze it, about twelve 1-second pulses.
- ☐ Transfer the crust to a 9-inch springform pan and push and press the crumb mixture into the bottom and two-thirds of the way up the sides of the pan. Use the bottom of a measuring cup to press the crust into place. Set aside.

- ☐ Whisk the condensed milk with the lemon juice and set aside.
- ☐ Whisk the zest with the egg yolks in a medium bowl until pale, 30 to 60 seconds, and then whisk in the lemon juice–condensed milk mixture.
- ☐ Place the springform pan on a rimmed baking sheet, pour the mixture into the crust, and carefully transfer the baking sheet to the oven.
- ☐ Bake until the center jiggles slightly, like a soft–setting custard, about 25 minutes.
- ☐ Remove from the oven and cool for 1 hour on a cooling rack. Loosely cover the pan with plastic wrap (be careful not to let the plastic wrap touch the top of the pie) and freeze for at least 6 hours or overnight.
- ☐ Pour the heavy cream into the bowl of a stand mixer (or in a large bowl if using a hand mixer).
- ☐ Add the vanilla and sift in the confectioners' sugar. Whip on low speed to combine and then increase the speed to medium–high and whip until medium–stiff peaks form, about 1 1/2 minutes.
- ☐ Before serving, wrap a wet, warm kitchen towel around the edges of the springform pan to release the pie from the pan's sides. Unclasp the pan and remove the pie. Fill a pitcher with hot water, dunk your knife in, wipe off the blade, and slice. Top with a dollop of chantilly cream and serve immediately, or keep in the freezer for up to 1 week.
- ☐ Reprinted with permission from DamGood
- ☐ Sweet: Desserts to Satisfy Your Sweet Tooth, New Orleans Style by David Guas and Raquel Pelzel, © November 2009 Taunton Press

Nutrition Facts



Properties

Glycemic Index:25.64, Glycemic Load:50.49, Inflammation Score:-7, Nutrition Score:16.091304390327%

Flavonoids

Eriodictyol: 1.86mg, Eriodictyol: 1.86mg, Eriodictyol: 1.86mg, Eriodictyol: 1.86mg Hesperetin: 5.52mg, Hesperetin: 5.52mg, Hesperetin: 5.52mg, Hesperetin: 5.52mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 803.17kcal (40.16%), Fat: 45.7g (70.31%), Saturated Fat: 26.55g (165.92%), Carbohydrates: 87.82g (29.27%), Net Carbohydrates: 86.72g (31.53%), Sugar: 72.41g (80.46%), Cholesterol: 307.15mg (102.38%), Sodium: 386.15mg (16.79%), Alcohol: 0.09g (100%), Alcohol %: 0.04% (100%), Protein: 14.2g (28.4%), Phosphorus: 407.1mg (40.71%), Vitamin B2: 0.69mg (40.34%), Selenium: 26.2µg (37.43%), Calcium: 369.34mg (36.93%), Vitamin A: 1650.15IU (33%), Vitamin C: 19.63mg (23.79%), Potassium: 531.31mg (15.18%), Vitamin D: 2.23µg (14.84%), Vitamin B5: 1.47mg (14.71%), Vitamin B12: 0.88µg (14.69%), Folate: 57.52µg (14.38%), Zinc: 1.98mg (13.17%), Vitamin B1: 0.2mg (13.17%), Magnesium: 48.02mg (12.01%), Iron: 1.77mg (9.86%), Vitamin E: 1.45mg (9.66%), Vitamin B6: 0.18mg (8.8%), Vitamin B3: 1.22mg (6.11%), Fiber: 1.11g (4.43%), Vitamin K: 3.35µg (3.19%), Copper: 0.05mg (2.6%), Manganese: 0.02mg (1.1%)