



## Lemon Icebox Pie Filling



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



684 kcal

## Ingredients

- ☐ 3 tablespoons butter
- ☐ 0.3 cup cornstarch
- ☐ 3 large eggs
- ☐ 0.5 cup juice of lemon fresh
- ☐ 1 tablespoon lemon rind grated
- ☐ 0.8 cup milk
- ☐ 14 ounce condensed milk sweetened canned

## Equipment

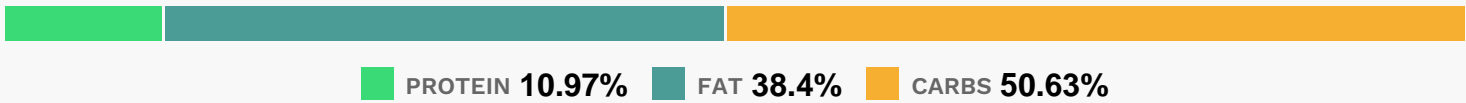
- ☐ bowl

- ☐ sauce pan
- ☐ whisk

## Directions

- ☐ Whisk together 3/4 cup milk and 1/4 cup cornstarch in a 3-quart heavy saucepan, whisking until cornstarch dissolves.
- ☐ Whisk in sweetened condensed milk and eggs until blended; whisk in lemon juice and, if desired, food coloring. Bring to a boil over medium heat, whisking constantly. (
- ☐ Mixture will begin to thicken when lemon juice is first added, and then become thin again during first few minutes of cooking. It will thicken quickly as it comes to a boil.)
- ☐ Boil 1 minute, whisking constantly, or until mixture thickens.
- ☐ Remove mixture from heat, and whisk in butter and lemon rind until smooth.
- ☐ Pour filling into a large bowl, and place bowl in a larger bowl filled with ice. Stir regularly until cold (about 10 minutes).
- ☐ Lime Icebox Pie Filling: Substitute 1/2 cup fresh lime juice for lemon juice, 1 drop green food coloring and 1 drop yellow food coloring for the 3 drops yellow food coloring (optional), and 1 tablespoon grated lime rind for lemon rind.
- ☐ Orange Icebox Pie Filling: Substitute 1/2 cup thawed frozen orange juice concentrate for fresh lemon juice, 2 drops red food coloring and 4 drops yellow food coloring for 3 drops yellow food coloring (optional), and 1 tablespoon fresh grated orange rind for lemon rind.

## Nutrition Facts



## Properties

Glycemic Index:49.67, Glycemic Load:44.99, Inflammation Score:-6, Nutrition Score:18.039565324783%

## Flavonoids

Eriodictyol: 1.98mg, Eriodictyol: 1.98mg, Eriodictyol: 1.98mg, Eriodictyol: 1.98mg Hesperetin: 5.88mg, Hesperetin: 5.88mg, Hesperetin: 5.88mg, Hesperetin: 5.88mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

## Nutrients (% of daily need)

Calories: 683.68kcal (34.18%), Fat: 29.68g (45.66%), Saturated Fat: 17.18g (107.35%), Carbohydrates: 88.05g (29.35%), Net Carbohydrates: 87.62g (31.86%), Sugar: 76.21g (84.67%), Cholesterol: 268.4mg (89.47%), Sodium: 353.7mg (15.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.08g (38.17%), Selenium: 36.58µg (52.26%), Vitamin B2: 0.88mg (51.5%), Phosphorus: 503.56mg (50.36%), Calcium: 487.45mg (48.74%), Vitamin C: 21.76mg (26.37%), Vitamin B12: 1.38µg (23.01%), Vitamin A: 1075.36IU (21.51%), Vitamin B5: 2.06mg (20.61%), Potassium: 700.09mg (20%), Zinc: 2.18mg (14.55%), Vitamin D: 1.94µg (12.9%), Magnesium: 51.06mg (12.76%), Vitamin B1: 0.18mg (12.33%), Folate: 46.87µg (11.72%), Vitamin B6: 0.21mg (10.61%), Vitamin E: 1.16mg (7.72%), Iron: 1.23mg (6.82%), Copper: 0.07mg (3.51%), Vitamin B3: 0.43mg (2.15%), Vitamin K: 2.11µg (2.01%), Manganese: 0.03mg (1.75%), Fiber: 0.43g (1.72%)